Life
&
Medical Wisdom

Dr. Binod Kumar Mishra (M.D.)

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Dedication

This book is dedicated to my children and grandchildren to whom I want to pass this message so they may enjoy a quality life.

I also give sincere thanks to my loving wife, Shyamali, who has been my constant companion and guide through this long journey, she has been my source of inspiration and encouragement. She is my best critic and all I have achieved is due to her critical comments and subtle love.

Wisdom is knowledge put in to practice, knowledge alone is useless.

Samarpan

This book is presented at the feet of our *kul devta*,

Shri. Satyanarayan Swami
and of my father,
Shri. Narayan Mishra.

My Story

I retired as a CMO from Korba Super Thermal Hospital of NTPC limited in November 2021. I was an accidental doctor. This was not my aim but destiny pulled me in to this profession. I joined as a GDMO on 13th of March, 1991 in National Capital Power Project hospital, Dadri. It is situated near Ghaziabad, Uttar Pradesh. I worked there for 14 years then I was transferred to Badarpur Thermal Power Project, Badarpur, New Delhi, where I worked for 13 years. Afterwards, I was transferred to KSTPS Korba, one of oldest cow of NTPC Limited. It is number one project of NTPC limited even after 40 years of establishment. It is in Chhattisgarh. We conduct thorough medical examinations before selecting our employees, but many of them develop lifestyle diseases such as diabetes, heart disease, and hypertension after joining and working shifts. Medicine is readily available to employees at NTPC, and it appears that many employees heavily rely on it. This book is an effort to prevent employees to take precautions before the disease start because an ounce of prevention is better than tons of cure or simply put, prevention is better than cure. Put off the fire where it starts.

Doctoring involves teaching, and my book aims to encourage people to take control of their own health and not rely solely on medicine. The content in this book is not entirely my own, as I have gathered some facts from various sources. I would like to express my sincere thanks and apologies to the authors whose ideas are used in this book for the betterment of humanity. NTPC Limited is a learning organization, and the knowledge I have gained while working there is shared in this book. My hope is that if even one person can overcome illness and reduce their dependence on medication by following the advice provided in this book, then my efforts will be rewarded.

I convey my sincere thanks to all doctors and hospital staffs of KSTPS Hospital, Korba like Dr. Lokesh Mahindra, Dr. I. R. Lahari, Dr. K. K. Choudhury, Dr. Parimita Nanda, Mrs. Neelam

Venket, Mr. Purushottam Rathore, Mrs. Ujawala Patel and special thanks to RED (WR2) Mr. Ashwini Kumar Tripathy for their help in fulfilling my dream of writing a book in life. I convey my sincere thanks to both my sons, Rama Krishna and Dr. Sai Om for helping me proof reading and writing this book.

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KSTPS Hospital Staff – 2021

Jivem Saradah Shatam

Pasyem saradah shatam
Jivem saradah shatam
Budhem saradah shatam
Rahem saradah shatam
Pusyem saradah shatam
Bhavem saradah shatam
Bhuyem saradah shatam
Bhuyesi saradah shatam

Atharva Veda

The meaning is – oh God! bless us so that we are able to experience 100 years of changing seasons with our all-sensory faculties intact -

1. So that we see for 100 years; the image in our eyes remain clear for 100 years.
2. We live in total health for 100 years.
3. Let our mind be alert and knowledgeable for 100 years
4. Let there be progress in every field of our life for 100 years.
5. Let us be well nourished for 100 years.
6. Let us be here for 100 years.
7. For 100 years let us be pure in mind and heart.
8. Let all the good things happen to us for more than 100 years.

In the ancient Indian System, the entire year is divided into six *ritus* or seasons (two-two months of each season) which contributes to 3 major seasons.

Sharadah is the ‘Autumn’ season, it comes every year so in the above chants the meaning of a *Sharadah* is considered as one year.

In-fact, the Vedic era people were praying the sun and

moon God both morning and evening for long healthy life with all their sensory faculties intact. They were asking for a quality life and not mere length of life.

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Definition of health and its meanings

“When health is absent wisdom cannot reveal itself, art cannot become manifests, strength cannot be exerted. Wealth is then useless and reason is then powerless.”

Herophilus
Greek physician circa 300 B.C.

If you want to remain healthy till death then you must understand what is ‘health’?

As per WHO, the definition is:

Health is a state of complete physical, mental, social, emotional, environmental and spiritual well-being and not merely absence of disease or infirmity.

You must fulfil all aspect of health as stated by WHO to declare yourself healthy. Let us understand each component one by one

Physical health – to become physically healthy you can take a balance diet and do regular exercise.

Mental health – for mental health you can do yoga and meditation.

Social health – you should have cordial relationship with your neighbours, friends and office colleagues.

Emotional health – you should harbour positive emotions like love, peace, tranquillity and avoid negative emotions like anger, hatred, jealousy greediness envy attachment etc.

Environmental health – you should try to get pure water to drink. Fresh air to breath and organic foods free from toxins pesticide and chemical laden to eat.

Spiritual health – you should visit place of worship in whom you believe at least once a week. It may be any place of prayer like a temple, church, gurdwara or mosque. When you surrender yourself to God then your problems will be his problems and your life stresses will be shared with him. Dissolve your I with him for stress free life.

When you are healthy in all aspect of health as per WHO definition then only you can say that you are healthy. Merely absence of disease is not health. You may be physically healthy but socially unhealthy. So be a totally healthy person fulfilling each aspect of WHO definition.

The first priority in life is to remain healthy up to your last breath. Health will come to you by following a discipline life and by doing efforts to be healthy. It is not a purchasable commodity and cannot be outsourced. You have to earn it actively.

Eight signs of good health

- daily bowel movement.
- no excess weight.
- clear skin.
- feeling energetic throughout the day.
- experience a strong sense of hunger.

- no pain in body.
- deep sleep (childlike).
- experience positive thoughts with inside calmness.

What is the Mind?

“Pragyan paradham hi moolanam roganam”

Charaka
Father of Indian Medicine

The statement above means that ‘The root cause of all diseases is fault in human thinking’.

Ancient Indian physician Charaka has said the cause of all disease in one sentence as stated above. Let us understand this concept:

We know that ‘thinking’ occurs in the ‘mind’. What is mind? An iceberg, nobody knows. Whether it is inside our body or outside? Just like air, everybody knows the existence of mind. Modern science has failed to define mind but our ancient sages has described mind clearly. It can be described as consisting of the below parts:

1. **Conscious mind** – *chetan masthisk* – we all know this part of mind, because this contains all our education and learning from books or environment. It also contains all recent things which we are experiencing right now.
2. **Subconscious mind** – *abchetan mastisk* – this is your life recordings since birth. Whatever you have done is recorded inside. You don't know what is there inside. If conscious mind is tip of ice berg subconscious mind is iceberg itself. We can accumulate filths (*kachra*) in subconscious mind

because of our bad karma and these filths – negative emotions act as a seed of a disease. If you think about a lemon then immediately there will be salivation. Here with this example, we see that a thought is producing a physiological response. Similarly, negative thoughts produce negative results. Negative emotions like anger, jealousy, hatred, greed etc. act as a seed of a disease. It stimulates our brain to secrete certain neuropeptides and we have receptors for such neuro-peptides in our organ systems and this we get diseases according to system effected.

If it acts on the immune system then we get infections, autoimmune diseases like rheumatoid arthritis etc. If it acts on the endocrine system then we get thyroid diseases, diabetes and endocrine diseases. If it acts on cardiovascular system, then we get ischaemic heart diseases hypertension etc.

We can explain any disease with this concept. The negative thoughts stored in the subconscious mind is causing chemical disharmony in body leading to many illnesses.

How to get rid of the filths from subconscious mind to remain healthy?

Our brain is a just like a supercomputer. It is more powerful than an ordinary computer that you use. It has lots of potential but we use only 10 percent of it. There is no recycle bin or delete button in our brain computer. Sometimes it tries to clean itself in the form of dreams. This self-clearing mechanism is not sufficient to remove all filths stored since birth. Only way to clean the subconscious mind filths is by doing meditation. Sitting

still, doing nothing, mental fasting.

How to do Mental Fasting?

Sit in *padmasana,* keep your both hand in *gyanmudra*. Focus on your breath, just watch the thoughts that are coming in mind. Do not give any comment or judgement on the thoughts, just observe. By regular practice you will reach a stage of thoughtlessness with time. This means the subconscious mind is cleaned up and balance will be prevailed in mind body and spirit and diseases associated with thoughts will be controlled or cured.

3. Unconscious mind or dark mind - (*achetan mastisk*) This is the mysterious mind. This may contain recording of our past lives, your soul evolvement history.

4. Super conscious mind - (*super chetan mastisk*) this is the part of mind which is aligned with cosmic energy or God. If you can clear your conscious mind by unlearning and then if you can clear your subconscious mind and cross over to the unconscious mind then you will be akin to God and all the mysteries of universe will be known to you and you can know present, the past and future.

As you think, so you are

“Knowing the world is wisdom.
Knowing yourself is enlightenment.”

Lao Tzu

A primary obstacle to achieve happiness and health is our own doubting mind, over a life time. Most of us have expended a vast amount of energy creating a self-imposed limitation. These limiting beliefs can stem from something as simple as an unwise comment from someone we admired like parents, teachers, friends and colleagues or spring from a traumatic event in our life that shaped our outlook about whether we could trust ourselves or others. So, to avoid this build-up, parents should not criticise their children. They should praise them to bring best out of them. Just like we need wholesome food to nourish our bodies, we also need wholesome thoughts to nourish our emotions and actions

“Good, better, best.
Never let it rest.
‘til your good is better...
and your better is best.”

St. Jerome

Health is the happiness and wealth. Without your health you are nothing. You have no control over your genes but you have complete control over your life style. What you put in to your body (what you eat and drink) and what you do to your body (how much and how you exercise) are totally controlled by you, these life style choices have an impact on your longevity and overall health. Genetics

load the gun and your environment triggers it. You have power to control your environment by 'conscious living' i.e., living a life with full awareness.

The youth pill

The essential idea, is to die young as late as possible. 90 percent of diseases known to man are caused by cheap foods (fried foods, *pakoda, samosa*, fast food, processed food, food laden with chemicals and pesticides).

"You are what you eat."

- Jean Anthelme Brillat-Savarin
French lawyer, politician, and famous gastronome

A good anti-ageing diet is the single most thing that you can alter to extend life span and health span. You must take nutrients rich food and avoid calories rich and chemicals laden foods.

Life styles and diet for health and longevity

1. Limit your non vegetarian food to 3 to 4 100 to 150 gm serving per week. Fish is best. Dairy products like non-fat yogurt, low fat cheese allowed but much of your protein intake should come from nuts and beans. Avoid strict vegan diet as you may miss essential dietary factors.

2. Get 8 to 10 serving of fruits and vegetables per day. Organic is best

3. Drink 1 to 2 smoothies per day – smoothie made from half cup blueberries, half cup carrot, half cup broccoli or spinach and 3 prunes. Eat orange and apple daily along with salad most days

4. Eat whole carbohydrates like *daliaa* (oats), brown rice as much as possible. Avoid refined process products.

5. Minimise sugar, salt, MSG, cookies, crackers, cakes, pastries, pizza, burgers and other junk foods

6. Use canola or extra virgin olive oil for cooking

7. Try to get enough fibre and fermenting product to feed your internal commensal microbes. Healthy colonic microbes are essential for your health and longevity.

8. Follow CRAN (Calorie Restricted with Adequate Nutrition) diet.

   Reduce normal daily food intake from 20 to 50 percent calories which naturally extend life span by a factor of 10 to 60 percent depending on the species and conditions. The less calories you eat the longer you will live.

Acid forming foods are father of all diseases

It is impossible to get disease as long the human body is alkaline. Human alkalinity and longevity go hand in hand.

The below foods form extra acid in the body and should be avoided as much as possible:

1. All processed foods
2. Bottled goods
3. Modern cooking oil
4. Sugar, sweets, syrup, candies, baked goods, cereals, glucose, jam, jelly
5. All medicine, tea, coffee, cocoa, chocolate

6. Pepper and pickles

Health needs efforts and commitment

You are responsible for your own health; it is imperative to give yourself time to be healthy. Our genes represent potential for both good and bad. By improving our lifestyle with diet, nutrient supplementation, regular exercise, stress reduction and by maintaining hormone balance. We initiate positive genetic possibilities and limit the negative genetic possibilities. In scientific term we have the capacity to alter our genetic expression. Even our thoughts influence gene expression. Remember it takes a lot of time to gain that extra weight, to develop diabetes or high blood pressure similarly it takes time to lose that extra weight, to reverse your diabetes and to reverse your high blood pressure. Stay positive, focused and your health will improve with time. So, take responsibility for your health first, follow healthful lifestyle sincerely. Definitely you will get the result. Have patience.

High blood pressure is curable

This is a common believe that once you are diagnosed with high blood pressure means you have to take lifelong medication to control it. In our textbook it is mentioned most of the high BP patients are suffering from essential hypertension where cause is not known. One has to take BP medicine to control it to prevent complications. When I was working as a physician in NTPC limited, one of our employees, Mr. Jagtar Singh was a patient of hypertension. He was taking a triple drug combination to control it. Once he came to me and said, '*Dr. Saab,* please check my BP. I checked his blood pressure; reading was 120/80 mm of Hg. I was surprised! Never his BP reading was like this. His diastolic was always above

100 mm of Hg. Then he announced that he has stopped all medicine and following natural life styles.

I asked about this and he explained his daily routine as below:

After getting fresh in the mornings, he was taking 1 glass *petha* (ash gourd) juice. He stopped taking milk and milk products. He was a vegetarian by choice. He stopped taking tea which he was taking 5 *patiala* glasses every day. His breakfast was consisting of 600gm salad of cucumber, tomato, coconut, giri sprouts etc. He ate it with passion chewing every bite thoroughly in 20 minutes. His lunch was very simple consists of *subj-roti* (*kaddu-kas* vegetables mixed with *atta*) or some time *subzi*-chawal (rice pulao with various vegetables like matter, beans, carrot, capsicum, cabbage) with *dhania, pudina,* garlic, tomato *chutney*. No other curry. In afternoon, he took 1 fresh green coconut water and for dinner he was taking one full plate of seasonal fruits.

He was a very active badminton player and master in yoga and pranayama.

When I observed his diet, I found that there are no stimulants, salt, sugar and oil in this diet and because of this his blood pressure came down to normal. Here, I learnt here that by sincere efforts and changing our life style we can cure blood pressure.

Natural therapy for High BP

1. Stop smoking!

2. Stop drinking alcohol!

3. Avoid salty foods like chips, *paapad*, chowmein,

pickles, chilly chicken, process foods etc.

4. Use tata lite salt, LONa salt or *sendha namak.*

5. Drink 6 to 8 glasses of water every day.

6. Take 4 garlic pods on empty stomach with water chopping it minutely.

7. Take 5 almonds which are soaked overnight. The magnesium salt content helps in reducing BP.

8. Take one Banana or an Orange daily. The potassium salt in it helps to reduce BP.

9. Take one bowl curd made from skim milk - calcium salt in it helps to reduce BP.

10. Take mint chutney daily, the trace minerals in it like selenium chromium etc. helps to reduce BP.

11. Do *sahaj* yoga daily - after half an hour of brisk walking do this for 3 times, this will improve the stress coping mechanism and reduce BP. Medical *sahaj* yoga:

    1. Sit in *padmasana*, put your left hand in *gyan mudra*. Put your right palm over chest left side over heart and affirm: 'I am a pure soul.'

    2. Then put your right hand's fingers over *agyan chakra*, in between two eye brows, and say: 'I have forgiven everybody, everybody should forgive me, let God also forgive me for my sins, if any'.

    3. Then put your right-hand palm over vertax twist

fingers in clockwise direction, (*sahasrara chakra*) and ask God for blessing and health.

12. Yoga poses which help in reducing BP – *virasana, shavasana, trikonasana, vajrasana, janu sirsasana, setubandha asana, anulom vilom pranayam.*

13. Do 15 mins of meditation daily: sitting still, doing nothing, just observe your breath and thoughts.

14. Avoid oily fatty food

How does one become diabetic?

In a genetically predisposed person, if he eats calorie rich food without doing any exercise, overeats. Eats at irregular hours, eat large quantity of snacks, eats lots of sweets every day - if he does all these things for 1 year then he becomes a diabetic.

Diabetes is reversible

Another patient, a 34 years old male came up one day with a blood sugar report – (Fasting Blood Sugar) FBS 330mg and post prandial blood sugar (PPBS) was 440mg, hence a recently diagnosed diabetes patient. I asked him whether he wants to cure it naturally. He was confused, went to consult a reputed diabetologist of apollo hospital, Delhi. He paid Rs. 1500 fees. The doctor advised him test worth Rs 25000/to assess target organs damage and prescribed four medicines to be taken lifelong to control his diabetes. The doctor also advised him to come for follow up every 3 months. The patient was very much anxious. He came back to me again. I advised him to correct his life style by taking low glycaemic index foods (food after digestion supply less

glucose to blood) and do regular brisk walking 5 miles per day. He followed it sincerely and after 3 months. his all blood reports were within normal limits. His diabetes was controlled without medicine. From this I learnt that for lifestyle disease, medicine, is not the solution. The patient should take active participation in his treatment and change his lifestyle to cure it.

Diabetes reversal diet

There are two types of diets that one can follow:

1. VIP diet (very important person diet) includes- animals food and industrial process food
2. DIP diet (disciplined and intelligent person diet) -includes fruits and vegetables.

Dip diet is best for reversing diabetes. The following points should be considered:

1. Stop taking milk. Human is the only animal that is depending on other animal's milk.
2. Before 12 noon –
    I. stick to only fruits diet – 800 gram -Apple, Papaya, Pomegranate (*Anar)*, Guava, Avocado etc.
    II. Avoid high glycaemic food like banana Water Melon Mango, *Cheeku*, *Sitaphal*. If at all you are taking these fruits take small amount.
    III. A cup of lemon tea with stevia (artificial sweetener) is allowed.
    IV. you must eat before you actually feel hungry. When you feel a huge hunger then the body behaves differently and even DIP foods is treated as VIP food hence losing out its importance.

3. Lunch / Dinner –
    I. Make 2 plates:
        A. Plate -1 -should contain 400 to 500 gm of fresh vegetables that can be taken raw like tomato, cucumber, carrot, radish, beet, cabbage, sprouts, etc
        B. Plate 2 – should contain your favourite foods like rice daal *subji* etc

First eat plate one slowly chewing every bite then eat plate two till satiety. Eat till 8 pm after that you can drink water only.

Mixed nuts and low glycaemic fruits or germinating seeds can be taken as snacks if one feels hungry in between

If you follow above recommendation, within 72 hours any of antidiabetic medicine or insulin will be no longer required. This is expected in 70% of patients. Holding on this protocol for a week will overcome High BP. Not only that but also high cholesterol, hypothyroid, arthritis, obesity, heart disease.

After six months - asthma and skin disease will be controlled

After 1 year - cancer may be controlled. Just follow it whole heartedly. Try to get organic vegetables and fruits. If your PPBS is less than 250mg/dl and BP is less than 160/100 mm of Hg. you can safely stop BP and sugar medicine before 48 hours of starting this lifestyle, otherwise stay under supervision of your treating doctor and stop the medicine gradually by checking blood sugar by glucometer and BP by automatic BP instrument. If you can follow LDCF (Low Density Carbohydrate and Fat) diet gradually your fatty liver will be reversed and with passage of time sugar will be cured. Have patience. Take

charge of your own health. Always remember, if you are believing in taking drugs then gradually number of medicines will be increased and ultimately insulin will be required to control it. You cannot avoid diabetes complications by taking drugs. They will occur over time.

Starting medicine from the 1st day of diagnosis of diabetes is wrong. Patient should be educated and guided how to control his disease naturally by dietary intervention, exercise, weight loss maintenance, intermittent fasting, keto diet etc. Medicine should be last resort.

Diabetes is a disease in which the body cell cannot utilize glucose because of absolute or relative lack of insulin (insulin resistance) leading to high blood sugar and related complications.

Diagnosis of diabetes

Blood sugar test can be done at any lab or hospital, the following table shows the difference:

	Fasting Blood Sugar (FBS)	**Post Prandial Blood Sugar (PPBS)**	**Hemoglo-bin A1C (HbA1c)**
Normal	99/100 mg/dl	140/100 mg/dl	less than 5.7%
Prediabetes	Between 100 to 125 mg/dl	140 to 199 mg/dl	5.7 to 6.4%
Diabetes	126 mg/dl	200 mg/dl	6.5% or above

1. Major complications of diabetes if not properly treated:

2. Microvascular – Eyes Retinopathy, Cataract, Glaucoma

3. Kidney: Proteinuria, Nephropathy

4. Neuropathy: Peripheral Neuropathy, Gangrene

5. Macrovascular: Brain Stroke, Cerebrovascular Disease, Transient Ischemic Attack, Dementia

6. Heart: High BP, Coronary Artery Disease, Heart Attack

7. Extremities: Peripheral arterial disease leading to gangrene.

Fallacies of present treatment of diabetes

Doctors are focusing on symptoms of disease that is high blood sugar but the root cause is insulin resistance and initial treatment of insulin resistance is to limit the carbohydrate intake and do regular exercise, not drugs.

Fatty liver is the precursor of type 2 diabetes

In a genetically predisposed person, stress and unrestricted carbohydrate diet increases insulin secretion and cortisol (stress hormone) secretion. This causes hyperinsulinemia. Hyperinsulinemia converts blood glucose to fat and this causes fatty liver and insulin resistance resulting in type 2 diabetes.

How can the insulin resistance be reversed?

By avoiding stress, doing your day job work on time will help you avoid stress and pressure of doing it at the last minute. You can try to find time to do something you find enjoyable like playing some sports or outdoor activity, it will help reduce the stress. Changing the dietary habits taking whole grains, plant-based foods, keto diet with minimal carbohydrate is more helpful.

Doing controlled exercises

If we take low glycaemic index food in our diet. We can control our blood sugar and HbA1c by diet alone.

If we can reverse insulin resistance and fatty liver diabetes can be reversed in early stage. If not reversed this can be controlled as long as you continue the prescribed life style.

Advantage of reversing diabetes

1. Freedom from medicine and repeated visit to lab and doctor.
2. Blood glucose value begins to fall within days to weeks.
3. Prevention of diabetes complications.
4. Less financial burden.

How much time it takes for reversal?

Depending on age of patient and duration of illness, level of blood sugar and number of medications. This could take few days to a year in most cases

One can see evidence through relevant laboratory test

Total diabetes reversal programme requires 2 things:

A. 70% dietary intervention
B. 30% exercise, mind detoxification, support from peers.

Essentially change your food habits and exercise.

Follow the diet chart for 3 weeks and continue further, it takes minimum 21 days of healthy eating and working out and it will become a habit.

Your diet controls your destiny

"When diet is wrong
Medicine is of no use
When diet is correct
Medicine is of no need"

Ancient Ayurvedic Proverb

It requires a strong determination to change habits and there is nothing a person cannot achieve with will power and strong determination.

Keep a daily diary – it is an effective tool to check your progress and achieve your goal.

The programme

Plant proteins improve insulin sensitivity, animal protein decreases insulin sensitivity, so 1 bowl of sprouted moong is better than 1 chicken leg piece. Vegetarian diet is best for diabetes reversal.

"Let food be thy medicine, and medicine be thy food."

Hippocrates

Avoid animal foods or dairy products, say no to white sugar, *maida*. Stop use of ghee, ice cream, butter. Take nut milk or coconut water.

Raw foods-

Overcooked food is directly proportional to risk of

developing diabetes.

Eat more natural raw foods like fruits, vegetables, sprouts, nuts

No process or packed foods

Glycaemic index

The Glycaemic Index (GI) is a relative ranking of carbohydrates in foods according to how they affect blood glucose levels. It tells us whether a food raises blood glucose levels quickly, moderately or slowly. Carbohydrates with low GI value (55 or less) are more slowly digested, absorbed and metabolised and lower and slower rise in blood glucose and insulin levels.

GI more than 70 high glycaemic foods

56 to 69 medium index food, less than 55 low index food are best suitable for diabetes reversal programme.

Glycaemic index chart of common food items

The GI chart of common food items are spit into the two tables as below:

Grains	GI	Vegetables	GI	Fruits	GI
Rice bran	27	Asparagus	15	Grapefruit	25
Bran cereals	42	Broccoli	15	Apple	38
Aghate	42	Celery	15	Peace	42
Sweetcorn	54	Cucumber	15	Orange	44
Whole wheat	35	Spinach	15	Grapefruit	46
Bread	71	Tomatoes	15	Banana	54
Muesli	80	Chickpeas	33	Mango	56
White Bread	100	Cooked Carrot	39	Watermelon	72

Dairy	GI	Proteins	GI
Yogurt	14	Peanut	21
While milk	27	Dried beans	40
Soy	30	Lentils	41
Skim milk	32	Kidney beans	41
Milk Chocolate	35	Split peas	45
Ice cream	61	Chick pea	47
Fruits yogurt	36	Pinto bean	55
Black Eyed Peas	38	Beans	59

Low sunshine can precipitate diabetes

Less exposure sunshine means low Vitamin D - impaired immune function - beta cell dysfunction and systemic inflammation leads to diabetes. Vitamin D supplementation or exposure to sun rise are beneficial to control diabetes naturally.

We can survive without rice and roti

Diabetes reversal diet includes fruits and vegetables, nuts, seeds, herbal teas and nut milk.

Alternately take diabetic roti 1 or 2.

Diabetic roti

It is made from 5 flours:

1. *Jowar*
2. *Bajra*
3. Chana

4. Soyabean

5. Whole wheats

Take 250mg each and mix. Make roti take 1 or 2 in lunch and dinner.

Sample menu for diabetic reversal diet

- Breakfast: make salad out of 50 gm sprouts, 50 gm coconut, 20 gm almonds, one large tomato, 1 medium size beetroot, cucumber, 1 green chilli, few corianders leaves lemon and add *sendha namak* or chat masala to taste.

- Lunch/dinner: 50% rainbow colour vegetables and fruits. Raw or mild steamed vegetables with very little salt. Take 2 large tomatoes, 300gm bottle gourd / ridge gourd, 100gm French beans, 2 large capsicums, 1 green chillies, coriander leaves add lemon to taste.
- 200gm snacks:
    - 11:30 AM – 1 citrus fruits,
    - 5:30 PM – 1 bowl dry fruits soaked for 6 hours.

In another plate keep your favourite food *daal*, *chawal* etc. after you finish the first plate of salad raw or steamed vegetables and still hungry take your favourite food till your stomach full. Do half an hour brisk walking daily. If your blood sugar is still out of control. take 250mg *methi* seed, 100gm *ajwain*, 50gm kalonji, dry roast it lightly, grind it and keep in a dry jar. Take this powder 1 tablespoon full in a cup of water after lunch and dinner.

You can add yoga asana (diabetic specific) and add

sahaj yoga to avoid stress for added benefits.

The principle is taking low glycaemic index salad before main meals and taking a smaller quantity of favourite foods like *roti, chawal* etc. so that hyperinsulinemia will reduce and fatty liver is reversed and ultimately diabetes will be reversed or controlled to blood sugar and HbA1c test periodically to know the evidence and record. If you like non-veg food, you can follow keto diet for better control of diabetes.

I wish you all the best! you can reverse your diabetes, start your journey with commitment and conviction.

Misguided approach

"One of the first duties of physician is to educate the masses not to take medicine."

Sir William Osler
Father of modern medicine

Physician, dieticians and even American diabetic association have all but given up on primary weight loss as the primary treatment of diabetes, medication is accepted treatment even though it is medication itself causing more weight gain, worsening the syndrome and making individuals more diabetic. This creates a vicious cycle, as a person becomes more diabetic, more medication is needed. The doses keep going up and the person become more diabetic. It is misguided approach to our health.

Most diabetic would be better off if these medications were never invented because may be then they would have been forced to change their lifestyle and eating habits.

Knowledge leads to power. Medicine might be winning the battle of glucose control but is losing the war against diabetes.

Blood pressure

It is the pressure exerted by flowing blood on the wall of arteries.

There are two important number you need to be aware when it comes to BP reading.

Normal: 120/80 mm of Hg
Pre-hypertension: systolic 120 to 139 mm of Hg, diastolic 80 to 89 mm of Hg.

For example, if BP is 120/80 mm of Hg. The first number 120mg is the systolic BP. It is the force measured in mm of Hg on arterial wall as your heart contracts to pump your blood out of your heart. The second number 80 is diastolic pressure which is the pressure on walls of arteries as your heart relaxes between beats as it is filled with blood.

Hypertension (high BP):

- Grade 1: 140 -159 systolic 80 - 89 diastolic
- Grade 2: 160 -179 systolic diastolic 100 - 109
- Grade 3: 180 or more 110 or more

Isolated systolic hypertension:

- Grade 1: 140 -159 systolic diastolic less than 90
- Grade 2: 160 or more diastolic less than 90

While checking BP:

- Don’t drink tea or coffee 30 min before,
- Don’t smoke or take alcohol 30 min before

- Sit quietly for several minutes before checking
- Don't talk. Diet, environment, physical activity, medication, stress, emotional upset also influences BP

Why high BP is harmful?

High BP damages arteries. Healthy arteries are very flexible and elastic but high BP can lead to arteries-clerosis, which is hardening of arteries. Hypertension damages intima endothelium of arteries-here platelet and fats are deposited causing atherosclerosis plaque formation. The build-up of plaque can decrease blood flow even more, may cause heart failure or stroke, if plaque ruptures in the arteries, it will block the artery and thus cutting the blood supply of coronary artery and cerebral artery respectively.

Symptoms of primary (essential) hypertension

Mostly asymptomatic that's why it is called silent killer. Other symptoms are reeling of head, anxiety, buzzing in ear and in late-stage headache, breathlessness, palpitation.

DASH Diet

DASH: Dietary Advice for Systemic Hypertension.

DASH diet consists of: 3 whole grain, 5 fruits, 5 vegetables 3 dairy nuts and 7 ounces of meat.

DASH Diet chart

- Breakfast: 1 and half ounce of raisin, bran cereal 8 ounce of non-fat milk, 6 ounce of orange juice

- Lunch: grilled cheese. salad, raw veggie, brown bread 2 slice, cheese, 2 slices of tomatoes 8 baby carrots, 2 celery stalk,1 medium pear.

- Evening snacks: strawberry or smoothie of almond 1/4 cup almond and non-fat milk

- Dinner: rice 1 cup, chicken, broccoli, cheese green salad large plate topped with 2 tablespoon full honey mustard dressing.

If you can't control BP naturally with diet and lifestyle. Take BP control medicine regularly to prevent complications.

Heart disease reversal

If your TMT test is positive then do not get panic and go for stenting immediately, follow following rules-

1. You cannot eat anything with a mouth or a face (no meat, poultry, or fish).
2. You cannot eat dairy products.
3. You must not consume oils of any kind (extra virgin olive oil in salad you can take).
4. Can take all vegetables and fruits except avocado.
5. Can take all legumes-beans, peas, lentils.
6. Do slow pace walking 45 mins daily in empty stomach.
7. Avoid smoking and alcohol.
8. Do yoga, pranayama and meditation daily.
9. Eat betel leave (*paan*) putting half inch ginger, two garlic and little honey after lunch and dinner.
10. Avoid stressful situation.

Surrender yourself to God

"Om sahana vasatu, sahana bhunaktu
Saha viryai karava vahai
Tejasvi nav adhitam astu
Ma vidvisa vahai
Om shanti shanti shanti"

Krishna Yajurveda Taittiriya Upanishad

If you surrender yourself to God your problems will be his problems. Life stress will be less and shared. If you think you are all in all, doing everything - *mei mei* like a goat you will be cut, so surrender your (ego) to lord as the first resort instead of making it last resort. By this you can save a lot of pain, unhappiness and failure in life.

Let him protect us both. May he bless with bliss and knowledge. Let us exert together, may what we study, be well studied may we not hate (quarrel with) each other Om! Let there be peace everywhere!

Health is not luxury

An uncomfortable truth is that over prescription of drugs, over use of high-tech diagnostic equipment's is for benefit of pharmaceutical and health industry rather than the patient. The current high-cost high energy medical system is failing to perform its role in improving overall health. Our body is designed to ceaselessly return to balance and health. That is why anyone can enjoy optimum health through his or her efforts. Within our bodies are mechanism for self-diagnosis, self-restoration and self-healing.

Chronic stress and faulty life style are the most powerful brake keeping natural healing power from manifesting itself.

Our body respond to what we believe. Medicine of belief is the most powerful medicine of all. The mind exerts a great influence on health positive or negative. Countless emotions arise as a consequence of single thought and these cause a variety of chemicals physiological changes in our bodies. When you think joyful thoughts happy hormone such as serotonin and dopamine are secreted in your body. If you hold negative feeling for too long stress hormones such as cortisol and epinephrine are secreted. These are harmful.

We can practice controlling our thoughts and emotions- the contents of our minds. There is nothing in the world that does not get better with practice. So practice meditation and watch your thoughts and emotions.

The mind that lucidly watches its thought and emotions without chasing after them or intentionally ignoring or denying them – causes them to evaporate like fog in sunlight. Less thoughts and emotions mean health and balance.

Affirm daily

"My body is not me, but mine.
My emotions are not me, but mine."

When you are confused and swept away by intense thoughts and emotions. Try focus your attention and repeat above two affirmations. Try saying loudly these two lines. The natural state of mind has an amazing power to restore an unbalanced autonomic nervous system to a health state of parasympathetic dominance.

Mindfulness

If you want to understand mind, sit down and observe it. Understand, feel and practice over and over. Meditation means withdrawing a little, stepping back from the world. The first thing to accomplish is no more than that, sitting still and quiet for long enough to allow a kind of calm to settle around the chatter of our mind, enough for us to start seeing a bit more clearly. We must not try to achieve it by force, that would only trigger more chaos. We must let it happen, let it come from inside. Meditation takes time. Mindfulness is a lifetime journey along a path that ultimately leads to nowhere but only to who you are, ideal realization is that you are divine. *Tat Tvam Asi* (Thou art that).

Natural cure

“Nature cures, not the physician.”

Dr. Benedict Lust (1872-1945)
known as father of naturopathy

Natural cure is based on the realisation that man is born healthy and strong and that he can stay as such as living in accordance with law of nature. The individual can eliminate diseases by putting to the best use of the natural agents of healing like fresh air and sunshine. Proper diet, exercise, scientific relaxation, constructive thinking and right mental attitude along with prayers and meditation. All play their part in keeping a sound mind in a sound body.

The principles of naturopathy

1. Diseases are due to accumulation of waste /

toxins present in the body.

2. Acute diseases occur as the body is trying to throw these toxic materials.

3. Body contains an elaborate healing system provided right methods are employed.

Chronic diseases occurs when acute diseases are supressed by medicine. The modern allopathic medical system treats the symptoms and supress the disease but does little to ascertain the real cause.

"When drugs are used the patient has to recover twice, once from illness and once from drugs."

Sir William Osler
Father of modern medicine

Methods of nature cure – to get rid of accumulated toxins and restore equilibrium of the system it is desirable to completely exclude acid forming foods including proteins, starches and fats for a week or more. Diet should be confined to fresh fruits and vegetables which will disinfect the stomach and alimentary canal. Complete water fast can be done to eliminate the toxins. A simple rule – do not eat when you are sick. Stick to light diet of fresh fruits and vegetables later till appetite for foods return. Loss of appetite in illness is also natural warning that no burden should be placed on digestive organs.

Alkaline foods such as raw vegetables and sprouted whole grain cereals may be after a week fruit only diet. Vitality of body can be stimulated by cold packs, hip bath. Sun bath, exercise, massage, mud therapy yoga asana etc.

Food as the medicine

"The doctor of the future will give no medication but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease."

Thomas Alva Edison

If you don't eat food as medicine then you may have to eat medicine as food.

We all want to eat healthy but we cannot why? We eat wrong food because of emotional reason, when we are depressed or happy, we take solace on foods. We get happiness out of that. Food satisfies our emotional needs. We are forced to take food by attending various party like marriages, birthdays, official get togethers etc. We are also tempted by advertisements. Tea is a hug in a cup and we are addicted to it when emotionally disturbed or out of boredom. So conscious eating is important to remain healthy. analyse your trigger of unhealthy food intake.

Some good food habits

1. Wash your hands before taking food.
2. Trim nails regularly and keep it clean.
3. Brush your teeth twice in a day.
4. Never make your dining table your office table or reading table.
5. Try to observe silence while taking foods.
6. Chew food thoroughly. Drink your solid food and eat your liquid food sip by sip.

7. Don’t waste your foods. Take or make only that amount what you can eat completely.
8. Pray to God every time before you consume food.
9. Prefer vegetarian food.

A home-made healthy menu should be

6:30 AM: mint ginger lemon honey warm water 1 glass and 3 pieces of walnuts.

7:00 AM: *Besan* moong *chila* with green mint or tomato chutney. A cup of green tea (optional)

10:30 AM: 1 kiwi, Orange or apple

1:30 PM: Lunch: 3 multigrain roti or one and half cup brown rice, 1 bowl matter paneer *subji* low fat one. Salad as much as you want – cucumber, tomato beet etc

4:30 PM: ginger lemon tea, roasted makhana 1 cup / nuts / peanut

9:00 PM: Dinner: masala oat or daal roti. Pumpkin seeds and salad.

10:30 PM: before bed time turmeric milk 1 cup

We need food to get energy, body repair, growth, nutrition and detoxication. Wrong food accumulates toxins in the body and cause diseases. Eat to live and not live to eat.

Formula to eat healthy

$$H = \frac{n}{C}$$

Health = nutrient / calories

Good health = nutrient is increased, calories is low. Disease = nutrient is low, calories is high.

All process foods have less nutrient and more calories. This is responsible for obesity and other diseases. If we compare between two biscuits and an apple. Both have same calories value 95 but apple has more nutrients.no food is bad which is made by nature. Diabetic can take 100 gm potato which gives 77 calories whereas 100 gm potato chips gives 536 calories without any nutrients.

Any biscuits, tea, coffee is unhealthy. If you are hungry after eating it means your body is asking for nutrients not calories.

Food items	Nutrients Score
Tea	low
Coffee	low
Bread	low
Khichdi	high
Murmura	low
Khakra	low
Salad	high
Green *Sabji*	high
Biscuits	low
Fruits	high
Pizza/Burgers	low
Daal	high

Food items with high nutrient low in calories which you can take for a better health:

1. Broccoli / Cauliflower
2. Cabbage

3. Spinach / All Greens
4. Cucumber
5. French Beans
6. Capsicum
7. Onion
8. Tomatoes
9. Beans And Lentils
10. Beet Root
11. Carrot
12. Corn
13. Sweet Potato
14. Pumpkin
15. Chia / Flax Seed / Sunflower Seeds
16. Walnut
17. Fig
18. *Methi*, Jeera
19. Melon
20. Papaya
21. Pear

22. Pine
23. Apple
24. Coconut
25. Banana
26. *Daliaa*
27. Brown Rice

Eat seasonal and organic.

Nutrients

Nutrients are classified into three groups:

1. Macronutrients: Carbohydrate, Proteins and Fat. they give energy.
2. Micronutrients: Vitamins B-Complex, Vitamin C, Fat soluble vitamins A, D, E and K.
3. Minerals: Zinc, Selenium, Chromium, Iron etc.

These are involved in various biochemical process in body. Common deficiency is vitamin D3 and B12 as they are not synthesised in body. Vegetarians are deficient in Vitamin B12 results in lack of energy and joint pain.

Symptoms of micronutrients deficiency – fatigue / weakness, supressed immunity, lack of mental clarity, memory loss. Slow healing of wound, skin diseases, muscle weakness, irritability, depression, hair loss, infertility, irregular menses, poor concentration, insomnia.

Awareness is the first step in changes. We get all

vitamins and minerals from green leafy vegetables, fruits, mush-rooms etc. We should eat more and more vegetables minimum 1 Kg daily to meet all the requirements of body or take supplements.

Ways to add vegetables in diet

1. In the form of salad - carrot, cucumber, beet root, onion, capsicum, cabbage.

2. In the form of Steamed vegetables: carrot, peas, cauliflower, mushrooms, cabbage, capsicum.

3. In the form of sautéed vegetables: fry with little ghee. Any vegetables can be sautéed.

4. In the form of vegetable juices: Cucumber, Tomatoes, Spinach, Bottle Gourd, Goose Berry, Carrot etc.

5. In the form of smoothies

6. In the form of soups

7. In the form of curry: Mix veg curry.

Food you must avoid

1. Soft drinks

2. Packaged foods

3. Ready to eat meals

4. Chips and French fries

5. Chocolates and sugar candy

6. Artificial sweetener
7. Biscuits
8. Maida products: *naan*, *kulcha*, *bhature* etc.

Reality of packaged foods

Packaged foods are detrimental to your health, as they tend to be loaded with added sugars, high levels of sodium (often in the form of MSG), trans fats, low fibre, preservatives, artificial colours, additives, and empty calories. Even seemingly healthy options such as fruit juices can be highly processed and contain added sugars. It is crucial to carefully read the nutrition labels on packaged foods to make informed decisions about what you consume.

Rejuvenating foods

Almond, Apple, Banana, Cabbage, Curd, Custard Apple, Fenugreek, Garlic, Honey, *Amla*, Lettuce, Cow Milk, Onion, Raisin.

If you are feeling tired take 30gm raisin in 200ml of cow milk at bed time

Eat according to circadian rhythm

We have an internal clock from sunrise to sunset.

Yatha bramhande thatha pinde. It means that what is there in universe that is in body.

So, eat breakfast like a king lunch like a common man and dinner like a beggar.

Never drink coffee after 4 pm - caffeine elimination time is 6 hours. It decreases melatonin, which is a sleep hormone.

Do not take coffee or tea in empty stomach. This will cause hyperacidity.

Do not take heavy meal after 4 pm.

Avoid late night dinner, try to eat dinner by 7 to 8 pm after that body elimination stage starts.

What to eat for good health?

A. Green leafy vegetables-eat daily:

Spinach, Coriander, Mint, Fenugreek Leaves, Beetroot Leaf, Amaranth, Radish, Mustard Leaves

They prevent metabolic syndrome, anaemia because of rich in iron and folate, poor eye sight because of rich in beta carotene, poor immunity, early aging, blood clotting, cancer.

B. Mint and coriander chutney-eat daily-rich in trace elements required for various metabolic function like zinc, selenium, chromium etc

C. Eat more fibre rich foods: take whole fruit than juice. Fruits, lentils, beans, nuts, seeds, rajma, chole, chana are rich in fibre. Fibres make you full, control sugar, act as a prebiotics, decrease cholesterol, prevent constipation.

D. Rice - in appropriate quantity - brown rice is good for health, make pulao adding vegetables or *khichdi* with *daal*. Make sure that after 8 pm take

less carbohydrate and more proteins.

E. Make *daal* every day.

1200 calories diet chart for weight loss and optimum health:

- Early morning: 1 glass lemon water, 1 able spoon flax seed soaked over night
- Breakfast: *Poha* with peanut upma 1 bowl,1 cup low fat milk
- Midmorning snacks: one fistful unsalted almonds and buttermilk 1 glass
- Lunch - Rice 1 bowl, Rajma 1 bowl, tomato, cucumber, onion salad 1 plate.
- Evening snacks: green tea, mixed fruits 1 bowl
- Dinner: 2 roti, and *daal* 1 bowl, tomato chutney
- Bed time: 1 cup turmeric milk.

Enjoy the foods, eat slowly, eat at correct time and correct portion

Ideal diet should contain the below:

- 10% proteins
- 20%carbohydrate
- 5% fat
- 65% fruits and vegetables

Longevity diet chart

- On waking: 1 glass lukewarm water with half freshly squeezed lemon and 1 tablespoon full honey or 25 black raisins soaked overnight in cupper vessels chew the raisins and drink the water or freshly extracted juice of Apple, Orange, Grape and Lemon.

- Breakfast: Fresh fruits - Apple, Peaches, Pine Apple, Papaya. 1 glass of cow milk with Honey, few Almonds, Sunflower seeds or Pumpkin seeds.

- Lunch: Steamed vegetables Carrot, Cabbage, Cauli-Flower, Pumpkin, Beans, Bottle Gourd, Beans, 3 whole wheat chapati or 1 and half cup cooked brown rice.1 glass butter milk

- Mid-afternoon: raw vegetable juice or green coconut water 1 glass

- Dinner: fresh salad s-lettuce, carrot, cabbage, cucumber, tomato, onion, sprouts, red beet. 1 multigrain atta roti, veg soup 1 bowl. You can use extra virgin olive oil for salad dressing.

- At bed time: 1 small cup turmeric milk and 1 Apple.

Daily fountain of youth / wake up drink

Boil 1 litter of water add 1 tablespoon full turmeric powder to it, 1 tablespoon full cinnamon powder, 1 tablespoon full organic coffee, 5 Chinese spices ginger, *laung*, *ilachi*, jeera, *saunf*, add 1 lemon. strain and drink sip by sips. drink whole 1 litre water in morning.

Longevity tea (Hunza tea)

This serves four, the ingredients are:

A. Mint (*Pudina)* leaves -12

B. Basil (*Tulsi)* leaves-8

C. Green cardamom - 4

D. Cinnamon (*daalchini*) - 2 gm

E. Ginger (*adrakh*) - 10 gm

F. Jaggery (*gur*) - 20 gm

G. Lemon juice - according to taste

Recipe: take 4 cup of water in a tea pan add all ingredients put to boil then simmer it for 5 min. Sieve it and add lemon juice according to taste. Enjoy a warm cup of Hunja tea! - a great alternative for those who are addicted to traditional tea. It's ready to be savoured and offers a healthier option for your daily beverage routine.

Antioxidant rich foods

These are the types of foods that can help neutralize the harmful effects of free radicals on our cells, ultimately promoting longevity. They are listed below:

Bell peppers (Green, Orange, Red), Spinach, Carrot, Broccoli, Strawberries, Oranges, Raspberries, Banana, Sweet potatoes, Almonds, Kale, Peanut butter, Prunes, Raisins, Beets, Eggplant, Plum, Red grapes, Cherries, Kiwi, Onion, Pink grapefruits, Blueberries.

Fuelling Your Body for Optimal Health and Wellness

“If you eat living food, the same will quicken you, if you kill your food, the dead food will kill you.”

Gospel of Peace

Quantum eating diet

The Quantum Eating diet recognizes that diet is one of the most critical factors in determining our overall health. By adhering to this raw food diet, which is typically consumed between the hours of 7 am and 3 pm, you can positively impact your well-being and potentially unlock numerous health benefits.

Quantum meal plan:

1. On waking: 2 cup fresh vegetable juice
2. Morning breakfast: 1 apply, water melon 1 plate or pear or mixed fruits 1 plate
3. Lunch: 2 cups green smoothie, raw fruits and vegetables as much as you can, nothing after 3 pm. this will rejuvenate you and cause age reversal. Make you younger.

Fat burning soups

Take 3 onions, 3 tomatoes, 1 celery bunches, 1

capsicum, 250gm green beans add to one litre of water after cutting the vegetables. Boil for 5 minutes than add to it chili flake curry powder, cracked black pepper, *sendha namak*, garlic. Drink 1 glass 200ml thrice daily when you are hungry

Ideal body weight

To determine your ideal body weight, a simple calculation involves subtracting 100 from your height in centimeters, which yields your weight in kilograms.

For example, if your height is 180cm then ideal body weight should be 180 – 100 = 80 Kg, if you are above this you are overweight.

Body mass index (BMI) is a calculation that involves dividing your weight in kilograms by the square of your height in meters. For example, if you weigh 70 kilograms and your height is 1.6 meters, your BMI would be calculated as 70 / (1.6 x 1.6) = 27.3. This number can be used as a general indicator of your overall health and whether your weight falls within a healthy range.

BMI ranges:

- less than 18.5 is underweight.
- 18.5 to 24.9 is normal.
- 25 to 25.9 is overweight.
- 30 and above is obese.

Waist to hip ratio (WHR) is also used to see if excess weight is putting your health at risk.

The waist to hip ratio chart is as below:

Health at risk	Female	Male
Low	0.80 or lower	0.95 or lower
Moderate	0.81-0.85	0.96
High	0.86 or higher	1 or higher

How to measure?

Stand up straight and breathe out. Use a tap to measure to check the distance around the smallest part of your waist just above the belly button. This is your waist circumference.

Then measure the distance around the largest part of your hips. The widest part of your buttock. This is your hip circumference. calculate your WHR by dividing your waist circumference by your hip circumference.

You must try to maintain your ideal body weight to become healthy. Eat judiciously and do regular exercise so that your BMI and WHR are with in normal limits.

Tips for managing obesity

1. Avoid processed foods.
2. Avoid foods derived from animal products, including milk, eggs, chicken, fish, and meat.
3. Incorporate a variety of fruits into your breakfast (at least four different types).
4. Eat a salad before lunch and dinner.
5. Finish dinner before 8 PM.

6. Practice 15 minutes of deep breathing daily, either facing the sun in the morning or evening.

7. Stimulate your metabolism by consuming foods such as lemon, honey, chili, ginger, coffee, cumin, fennel seeds, and green tea.

8. Incorporate negative calorie foods into your diet, such as black chickpeas, soybean nuggets, black beans, peanuts, cocoa, apple cider vinegar, and coconut oil.

9. Take one tablespoon of apple cider vinegar in one cup of water twice daily.

7 days weight loss programme

- Day 1: Eat fresh fruits as much as you like, except for bananas.

- Day 2: Eat vegetables and fat-burning soup. You can have fresh, raw, or steamed vegetables, but avoid corn, peas, and dry beans. For tea, have a baked potato with a little butter and some yogurt, and one cup of green tea.

- Day 3: Eat vegetables and fruits, but avoid potatoes and bananas.

- Day 4: Have fat-burning soup and a banana smoothie with low-fat skim milk. Only four bananas are allowed.

- Day 5: Eat meat, vegetables, and fat-burning soup. You can have 300g of lean meat, and drink 6 to 8 glasses of water.

- Day 6: Have chicken, fish, vegetables, and fat-burning soup.

- Day 7: Eat vegetables, brown rice, and fat-burning soup, along with a small bowl of fruits.

Weight loss is primarily determined by the number of calories consumed. A calorie deficit, which is when the calories consumed are less than the basal metabolic rate (BMR), is necessary for weight loss. Consuming more calories than your BMR results in weight gain, while consuming fewer calories than your BMR results in weight loss.

Diet chart for weight loss

- Early morning (7 am): Drink 1 glass of lukewarm water with lemon and 1 tablespoon of honey (optional).

- Breakfast (8 am): Drink 1 cup of tea with skim milk and no sugar, and have 2 Marie biscuits (90 calories). For the main course, choose between 2 wheat chapatis with half a cup of paneer gravy (tofu is a better option) (330 calories) or brown bread upma with 1 cup of skimmed milk (300 calories).

- Mid-morning snack (10:30 am): Choose between a banana or 20 grapes or half a cup of melon (50 calories).

- Lunch (1 pm): Have 1 cup of brown cooked rice (200 grams) with half a cup of mixed vegetable subzi, a small bowl of raita, and 1 bowl of salad (345 calories).

- Evening (4 pm): Drink 1 glass of buttermilk (35 calories).
- Dinner (9 pm): Have 2 rotis, 1 bowl of vegetable soup, and 1 bowl of salad (370 calories).
- Drink 8 to 10 glasses of water throughout the day.

Total calories: 1220 calories.

Weight loss drink

To make the weight loss drink, boil 2 bay leaves, 2 small cardamom pods, 1 inch cinnamon stick, 1 tablespoon of cumin (*jeera*), and 1 tablespoon of *saunf* in one litre of water. Once boiled, add one tablespoon each of lemon and honey to this warm water and drink it every 6 hours.

Masala Chai (tea)

To premium tea leaves add *ilachi*, *daalchini*, *adrakh*, *tejpatta*, kalonji, *Tulsi*, *laung* and black pepper. Make tea as usual with this mix and drink.

Detoxication diet

1. For Vegetarians:
    - Morning: Soak *methi*, *kaju*, and *kismis* overnight and consume in the morning.
    - Breakfast: 2 *anjeer*, 2 *akhrot*, 2 *pista*, and 1 apple.
    - Lunch: Salad with buttermilk and 1 apple.
    - Dinner: 1 glass milk with 4 dry fruits.

2. For non-vegetarians:
    - Breakfast: Papaya.
    - Lunch: Salad with egg white.
    - Dinner: Chicken breast and vegetable soup.
    - Drink 6 to 8 glasses of water daily.

Conscious eating

Think before you eat, then you will go thin. Before consuming food ask yourself the questions below:

- Am I really hungry now?
- Am I eating too rapidly and overriding the sensation of fullness?
- Am I responding to others need?
- What am I trying to say by this food choice?
- Are there alternative healthy foods for filling this present desire to eat?
- Are there alternative activities for filling this present desire to eat?

Before eating close your eyes and take a deep breath. Hold the food in your hand feel the texture, weight, smell, shape, colour etc.

With eye still closed imagine the food in its natural setting.

Thank God for food and take one bite. Chew slowly and experience juice, texture, taste.

Feel the energy release in to soft palate. Food can either kill or heal. Choice is yours. If you eat slowly, chewing the food thoroughly. you cannot over eat. Your brain will give a message when there will be satiety.

Water therapy

Are you drinking sufficient amount of water? Usually we do not drink consciously water. we drink when we are thirsty. That is wrong. Sometime we are so busy that we ignore the urge of thirst and became water deficit. Make following rules-on waking from sleep drink 2 glasses of water. Drink 1 glass water 1 hour before breakfast and 1 glass 1 hour after lunch and dinner, add 1 glass each after you visit to urinal. Your urine colour should be colourless that means you are sufficiently hydrated. Drink minimum 8 to 10 glasses of water daily. This will lubricate your joints, make skin hydrated and moisturised. Our body is made of off 70 % of water and we need water for our all-biological process of metabolism and excretion of toxins from body.

Raw diet for age reversal

- Breakfast: Apple, banana, and yogurt.
- Mid-morning snack: Mixed nuts.
- Lunch: Germinated wheat, chana, peanuts, *moong*, salad, fish, egg whites, soya, and chicken.
- 4 pm: Coconut water.

- Dinner: Germinated whole grains.

Note: It is important to make sure you are getting enough calories and a balanced mix of macronutrients throughout the day. You may want to consult with a nutritionist or healthcare professional to ensure this meal plan is appropriate for your individual needs and goals.

Keto diet

A keto diet is a very strict low carbohydrate diet. You are going to consume less than 20 gram or less carbohydrates/day. Such diet can cure diabetes and other lifestyle diseases. You can add bullet proof coffee to this diet for extra benefits. Bullet proof coffee is raw coffee with butter and coconut oil. This suppresses hunger and give long period of satiety and causes weight loss and may cure diabetes

Basic list of keto diet

You can do the below:

1. Include meat, fish, chicken, and eggs in your diet.
2. Use ghee, butter, olive oil, and coconut oil for cooking.
3. Add berries such as blueberries, raspberries, and strawberries.
4. Incorporate non-starchy vegetables in your meals.
5. Eat kala chana and soybean nuggets.
6. Snack on mixed nuts.

7. Consider including paneer in your diet.

8. Include avocado in your meals.

Keto diet chart

- 6 am - Start your day with a cup of bulletproof coffee.

- Breakfast - Have a plate of mixed nuts, 100gm of paneer, and 1 avocado.

- Lunch - Include chicken, fish, egg whites, kala chana, soyabean nuggets, and non-starchy vegetables in your meal.

- Dinner - You can have protein drinks and choose between 2 *cheelas* with paneer stuffing or egg *cheela* with butter.

After following this diet for a few days and depleting the body's glucose stores, the body will start producing ketones for energy, which will put it in a state of fat burning. Since insulin is not used in this metabolic process, it can lead to the reversal of fatty liver and the cure of diabetes.

To maximize the benefits, you may choose to combine a five-day keto diet with two days of fasting or follow intermittent fasting, where you eat within an eight-hour window and abstain from food for the next 16 hours, although water is permitted. During a keto diet, it is recommended to drink 3 to 4 litres of water daily. To reduce cholesterol intake, you may consume up to 8 eggs per day while excluding the yolk.

Eatables allowed in keto diet

- Vegetables allowed: bell pepper, onion, tomato, parsley, cabbage, spinach, cauliflower, cucumber, eggplant, garlic, green beans, mushrooms, green leafy vegetables, and okra.

- Fruits allowed (in small amounts): apple, berries, orange, grapes, sweet lime, pears, peaches, plum, prune, and avocado.

- Probiotics: sugar-free yogurt, kefir, yakult drink, and cottage cheese.

- Oils: olive oil and flaxseed oil (1 to 2 tablespoons per day).

- Condiments: *sendha namak*, peepers, vinegar, mustard, herbs.

Keto diet chart option 2

- Breakfast: 2 scrambled egg whites, half a grapefruit, 1 cup of unsweetened green tea (stevia can be added)

- Lunch: Large plate of green salad, fish, 1 tablespoon of olive oil, 1 cup of green tea

- Dinner: Grilled chicken, 1 cup of green tea, salad

- Snacks: Yogurt with fruits. Butter can be added to tea and coffee.

Keto diet chart option 3

- Wake-up drink: Drink 1 glass of hot water with half a lemon.

- Breakfast: Mixed fruits and yogurt, 1 cup of coffee with butter and coconut oil.

- Lunch: Super salad- Bulletproof coffee and make a salad with tomatoes, onions, cucumber, celery, bell pepper, baby spinach, low-fat cheese or paneer, 1 tablespoon of olive oil, 1 tablespoon of apple cider vinegar, add *sendha namak*, chat masala and condiments, and lemon to make it appetizing.

- Snacks: Yogurt, fruits, and stevia.

- Dinner Option 1: Chicken, soya nuggets, *kala chana*, and salad.

- Dinner Option 2: Stir-fried vegetables with broccoli, carrots, red pepper, chicken strips, garlic, ginger in 1 tablespoon of olive oil. You may add light soy sauce for flavour.

Vegetarian keto diet option

- Breakfast - Crispy tofu or paneer, Nutrella soya nuggets or *kala chana*.

- Lunch - Cauliflower rice with mint *chutney*. Use 300gm cauliflower to make the rice. Add 1 tablespoon of butter, 1 tablespoon of olive oil, and salt to taste.

- Dinner - Cabbage stir fry with *ghee*, mustard

seeds, curry leaves, *hing*, turmeric and salt to taste.

Clean eating for health and wellness

Clean eating is all about eating foods that are in its most natural state.

What to eat?

Whole grains, organic fruits and vegetables, meat (grass fed), fish, dairy, more vegetables than meat per week. A lot of water, healthy fat-nuts, avocado, coconut oil, soy, tofu, nothing process or man-made.

Clean eating has numerous benefits that include increased energy levels, strengthened immune system, stabilized blood sugar, weight loss, improved cardiovascular health, lower cholesterol levels, reduced risk of cancer, youthful appearance, and enhanced happiness.

Portion to take:

- 1 serving of whole grains: your cupped palm, equivalent to 1/2 cup
- 1 serving of vegetables: your fist or both palms cupped together, equivalent to 1 cup
- 1 serving of lean protein: 3 ounces or 100 grams
- 1 serving of healthy fats: the top half of your thumb, equivalent to 1 ounce or 30 millilitres
- 1 serving of nuts and seeds: half of your cupped palm, equivalent to 1/4 cup.

Pray before eating

Thank you, God, for this wonderful food today. May more and more people have food that they need.

Calorie needs according to body weight

- Daily calorie requirements:

  Normal weight adult: 25 cal/kg/ideal body weight

  Overweight: 20 cal/kg/ideal body weight

  Underweight: 30 cals/kg/ideal body weight

- Male calorie requirements:

  Sedentary: 2400 cal/day

  Moderate physical work: 2800 cal/day

  Heavy work: 3400 cal/day

Miracle tonic

The green juice made out of beetroot, palak, pudina (mint), orange, cucumber and tomato are called miracle tonic.it contains nitric oxide which is said to be miracle molecule that reverse aging. take 1 glass daily to rejuvenate yourself.

Top 10 memory booster foods

Salmon, eggs, peanut butter, whole grain, oats, berries, beans with colourful vegetables, milk, yogurt and chicken.

Top 5 foods for dietary fibre

Fibres are important component in diet. It retains water and prevent constipation and colonic cancer. It is also an important nutrient for gut commensals(microbes). We need minimum 25gm of fibre daily.

Top 5 high fibre foods:

- Legumes: 15-19 grams of fibre per cup
- Wheat bran: 17 grams of fibre per cup
- Prunes: 12 grams of fibre per cup
- Asian pear: 10 grams of fibre per fruit
- Quinoa: 9 grams of fibre per cup

All fibre rich fruits and vegetables are essential for bodily function

Calcium rich food

1. Meat, fish (especially small fish), and chicken
2. Green leafy vegetables, yogurt, sesame seeds, tofu, soybeans, and drumsticks
3. Whole grains, beans, seeds, legumes, and cruciferous vegetables (cabbage, cauliflower, broccoli, and turnips)
4. Olive oil, flaxseed oil, sesame oil, and sunflower oil.

Zinc rich food

Zinc plays a vital role as a component of over 200 enzymes in the body. It is well-known that a dietary zinc supplement can help strengthen the immune system, and during the COVID-19 pandemic, it was widely used for this purpose. Dietary sources of zinc include oysters, meat, chicken, beans, nuts, and seafood such as crab and lobster, as well as whole grains like oats, wheat, and quinoa, and vegetables such as spinach, broccoli, and kale. Legumes such as chickpeas and lentils, as well as fortified breakfast cereals, are also good sources of this important mineral.

Do it today

Tomorrow is a post-dated cheque, yesterday is a cancelled cheque. Today is ready cash so use today properly.

Natural health supplements

1. Plant sprouts - They contain large quantities of essential amino acids, which makes them complete and perfect foods. Moong, moongfali, chana, soybean, *methi* seed, and whole wheat can be sprouted and used. One can live on nothing but alfalfa sprouts and water in perfect health.

2. Red wine - Drinking 240 to 280 ml of red wine/day inhibits oxidation of cholesterol or LDL, thus helping to prevent atherosclerosis and heart disease. This also contains polyphenol resveratrol, a powerful antioxidant. Alternatively, one glass of black grape juice can be taken in the evening.

3. Drinking green tea - Drinking green tea on a daily basis has the same effect as an occasional glass of wine. A total of 4 to 5 cups of lemon honey green tea is recommended for health without milk.

4. Nuts - They contain fibre, potassium, magnesium, and copper. The more nuts you eat, the greater the benefits. One serving (30 to 50 gm) decreases fatal heart attack. It should be eaten 3 to 6 times a week.

5. Dark chocolate - A piece of (41 gm) contains as much polyphenol as a standard 140 ml of red wine. Flavonoid polyphenol prevents oxidation of LDL and prevents ischemic heart disease.

6. Coffee - Protects against free radical damage to cells.

7. Vitamin C - We could add an extra 12 to 18 years to our life by taking 3200 to 12000 vit-C/day. A rich antioxidant found in amla and citrus fruits.

8. Vitamin E - Found in vegetable oils, soybean, sunflower and corn oils, nuts, seeds, and whole grain wheat germ. If more than 35 years, take 100mg to 400mg vitamin E daily.

9. Beta-carotene - A rich antioxidant found in carrots, sweet potato, pumpkin, apricots, broccoli, and spinach. This is the precursor of vitamin A, good for vision and skin health.

10. Chromium - A dose of 200mg to 500mg/day helps in metabolism of fats and increases insulin sensitivity. Found in seeds and chutney.

11. Selenium - 200mg to 300mg/daily. A single Brazil nut contains 100mg of selenium.

12. Zinc - 20mg zinc daily helps in immunity and increases serum albumin, a protein molecule low in most elderly persons. Serum albumin is a biomarker of longevity, and those with high levels live longer. Thus, zinc may indirectly extend life. Recommended dose: more than 35 years - 15 to 30mg/day, more than 75 years - 50mg/day. Take minerals in solution for better absorption; Zincovit syrup is best.

13. CoQ10 - This increases energy at the cellular level. CoQ10 provides the spark that starts the mitochondria. Age more than 40 years, take 50 mg of CoQ10 with your meal.

14. Fish oils - Contains omega 3 fatty acids and alpha-lipoic acid (ALA), which helps in memory and brain functions. Eat fatty fish like salmon, mackerel, halibut, and tuna. Flaxseed oil is rich in alpha-lipoic acid (ALA). Eating one meal with fatty fish a week reduces the risk of heart attack by 52%. Daily requirement: 2 to 3 gm fish oil daily.

15. Herbs - Garlic helps to ensure brain cell survival in old age and even helps old brain cells to regenerate and actually grow younger. Recommended dose: 3 garlic pods/daily or 1200mg garlic powder/daily.

16. Ginkgo biloba is an herb commonly used in traditional Chinese medicine. A recommended dose is Ginkgold tablet 60mg twice a day, and Panax ginseng 100mg twice a day.

17. Grape seed extract is rich in resveratrol, a powerful antioxidant. A recommended dose is 100 to 150mg daily.

18. Barley green is known to help detoxify the blood.

19. Growth hormones are naturally secreted by the body in response to weight training, resistance training, and aerobic exercises. Taking cold baths can also help rejuvenate the body and have a role in anti-aging.

20. Melatonin is a hormone secreted by the pineal gland that induces sleep in response to the circadian rhythm of day and night. It helps in repairing the body at night and restores health. Fasting and sleeping in a dark room can stimulate its secretion. The recommended dose is 0.5 to 1 mg for those aged 40 to 50, 1 to 2 mg for those aged 50 to 60, 2 to 3 mg for those aged 60 to 70, and 3mg for those over 70 years old.

Night herbal tea for rejuvenation

Prepare a tea by mixing the following ingredients: ashwagandha, *brahmi*, lemongrass, *shankhapushpi*, small cardamom, cinnamon, ginger, and cloves. Drink this tea daily for its potential health benefits.

The Science of Fasting

"He who eats once is called a yogi
He who eats twice is called a bhogi
He who eats thrice is called a rogi."

Traditional Indian wisdom

Aakash (sky element)

The universe is evolved from almighty God (cosmic energy). The combined five elements (sky, ait, fire, water, earth) has evolved into human beings and other elements of universe. God = Aakash (sky) – Vayu (air) – Agni (fire) – Jal (water) – earth.

If we make full use of Aakash we can become disease free or live longer. Fasting is the main source of Aakash elements.

Fasting

Fasting is a powerful tool to cure many diseases and rejuvenate the body. Aging and stiffness in body occurs because of deposition of earth elements in our body overtime. When we fast, these unused extra stuffs are utilised and recycled on the body basing on principle of autophagy. First all unwanted materials are used, followed by fat and muscle cells.

All creatures automatically poison themselves by taking wrong foods. Not time but the toxic products of food produce senile change that we call old age, the first three letter of diet is d-i-e. So, eat judiciously. Eat foods which

has less toxins or earthy matter to be deposited in the body. fasting, pure water and fresh air removes the deposited toxins in the body and cause age reversal. Pure water (rain water) is the greatest of health potion.

By periodic fasting and feeding long life can be achieved

Fasting and frugal diet keep worm alive for 3 years that die in 3 to 4 weeks, when well fed. When one is deprived of food they do not die of starvation in a few days. They are able to live for months upon their tissues during the time of fasting(autophagy). They become smaller or may be reduced to a minute fraction of their original size. when fed again after such fasting, they show all physiological characteristics of young animals (*kaya kalpa*)

With continue feeding they go again through the process of growth and becoming old and may be young by fasting again. The body can be revived and made more youthful in every way mentally, physically by fasting.

We can live for an unlimited period may be for centuries if the youth building possibilities of a prolonged fasting process followed by the use of nourishing elements that would fortify vitality

Adam lived 930 years(bible), not an impossible target.

Different forms of fasting

1. Morning Fast: Skipping breakfast and not breaking the overnight fast until lunchtime.

2. Night Fast: Not consuming any food or drink (except water) after dinner until breakfast the following day.

3. Single Item Fast: Consuming only one type of food item, such as fruits or vegetables, for a set period of time.

4. Juice Fasting: Consuming only diluted juices made from fruits and vegetables throughout the day.

5. Fasting with Fruits and Vegetables: Avoiding rice and roti and consuming only fruits and vegetables for a certain period of time.

6. Fasting with Milk: Consuming only milk and milk products for a set period of time.

7. Fasting with Buttermilk: Consuming only buttermilk and other dairy products for a set period of time.

8. Complete Fast: Abstaining from both food and water for a certain period of time.

9. Weekly Fast: Fasting for one day each week.

10. Short-Term Fast: Fasting for three days, during which only water is allowed.

11. Prolonged Fast: Following a diet of light, natural foods for 21 to 60 days.

Long fasting should be done under medical supervision. Fasting is beneficial for health. One cannot die if one fasts for 1 to 2 days. So, give it a try to feel light and cure all life style diseases.

Ekadashi fast

It is done every 14 days, no foods, little fruits can be taken. Take lukewarm water with honey, coconut water

and ash gourd or *lauki* juice during fasting period. This fasting will detoxicate your body.

One meal per day

Morning: Have a breakfast consisting of eggs, oatmeal, and vegetables.

Throughout the day: Stay hydrated by drinking plenty of water. You may also have black coffee with a tablespoon of butter and stevia if desired.

Autophagy

Autophagy is when your cells are starved of nutrients so they feed on nutrients that are already present in your body.in 2016 Japanese scientist Mr. Yoshinori Ohsumi won Nobel prize for his discoveries in to mechanism of autophagy.

Autophagy is the reason that we human are able to survive for 3 weeks without food. The body requires 100 gm proteins per day. only a third of this protein comes from the food we eat, the rest proteins come from autophagy.

Lack of autophagy can lead to build ups proteins in brain cells that leads to neurodegenerative disease like parkinsonism and dementia. Misfolded proteins lead to amyloid deposits in brain causing degenerative diseases

The process can be naturally induced by fasting, high intensity exercises and restricting carbohydrates

When you don’t eat glucose go down and glucagon go up, when there is high level of glucagon. Autophagy sets in. The keto diet and extended water fasting stimulates

autophagy and heal your body from within by using many unwanted things of body in metabolism.

Autophagy is stimulated by taking:

1. Low-carbohydrate diet.

2. High-fat diet with fats from fruits, vegetables, nuts, eggs, and butter.

3. Intermittent fasting - eat within an 8-hour window period (e.g., 11 am to 7 pm) and fast for the remaining 16 hours, only consuming water. Autophagy recycles biological waste, whereas apoptosis can cause cell death, accumulation of toxins, leading to inflammation and chronic diseases.

"You get from the world what you give to the world."

Oprah Winfrey

Wheat grass juice

Nature's wonder medicine. When I was posted in national capital Power Project Hospital, in Dadri, one of our employee's mother was suffering from dilated cardiomyopathy. She was in chronic heart failure stage. We are taught maximum life span of such patient is 1 to 2 years. She was treated by cardiologist. After few years I met this employee and asked about her mother. He told she is fit and fine. She was cured her aliments by drinking wheatgrass juice. All her reports are normal now.

Wheat grass has many benefits-

1. Rich source of vitamins A and C.

2. Contains B-vitamins.

3. Rich in organic calcium, phosphorus, magnesium, sodium, potassium, and up to 102 trace minerals.

4. Effective chlorophyll therapy.

5. Decreases blood pressure.

6. Increases the oxygen-carrying capacity of blood.

7. Eliminates toxins from the body.

8. Helps wounds heal faster.

9. Prevents hair loss.

10. Helps combat blood sugar problems.

11. Relieves constipation.

12. Protects from radiation hazards.

13. Acts as a disinfectant and kills bacteria.

14. Considered a complete food.

Raw food detoxication fasting

- Before breakfast: 60ml of wheatgrass juice

- Breakfast: Sprouts (sunflower, mung beans, green peas, cloves, fenugreek, chana, etc.) and green vegetable juice extracted from celery, cucumber, parsley, tomato, spinach, lemon, ginger, and green chili.

- Lunch: Sprouts, green vegetable juice, and a

mixture of fruit and vegetable juice in pure water.

- Bedtime: 60ml wheatgrass juice.

- Between meals: Drinks like lemon water, diluted fruit juice, vegetable juice, green juice, and wheatgrass juice are the preferred nourishment during fasting.

"In to the mouth come disease, out of mouth comes disaster."

Chinese proverb

Eat six small meals a day

A sensible breakfast, 2 hours later a piece of fruit, 2 hours after a sensible lunch, 2 hours after drink a protein shake, 3 hours after eat a sensible dinner, followed by a granola bar or piece of dark chocolate before going to bed. Cut back on the portion you eat, by cutting portions-gradually the stomach will shrink .it will now take less food to fill up. Keep 4 d s in mind-

Discipline, determination, dedication, devotion.

Nature heals, the physician is only nature's assistant.

Calorie restriction

Calorie restriction extends the life span of every organism so far tested including yeast, worm, fruit flies, rodents, monkeys etc.it also slows or even prevents age related diseases including dementia, diabetes, cardiovascular and coronary diseases. It reverses several types of cancer. It is observed that coronary blockage and heart attacks are uncommon in nutritionally deprived

communities

Calorie restriction-decrease oxidative stress-decrease body fat-increase modulation of cell survival-decrease insulin - decrease insulin like growth factor-increase insulin sensitivity-increase anabolic hormone-decrease inflammation - increase anti-inflammatory hormone = increase autophagy or mitophagy - reversal of diseases and renewal of body-the effect of calorie restriction

Eat more, not less to lose weight

Switch from a calorie loaded diet to low calorie diet is a must to lose weight. You do not actually have to reduce food intake. Just eat healthful foods-more vegetables and fruits, lean meat, whole grain etc. Take foods of lower level of food chains

The Mystical Code of Life

“Smooth roads never make good drivers
Smooth seas never make good sailors
Clear skies never make good pilots
A problem free life never makes a strong person”

Unknown

Genes are immortal

It is the genes which are immortal not the bodies that carries them, genes the ultimate time travellers, transcend the bounds of time that measures the limit imposed on our mortal bodies.

Time

Let go of your sad story and move forward, time is finite. once it is gone, it is gone for ever, make today a great day!

Squeeze more life out of time

Squeeze more life out of time, introspect deep within, to look inside yourself and explore:

1. Who you truly are?
2. What you really want from life?
3. Why you are not living life to the fullest

Remember that only the fearless create:

- more life
- more experience

- more memories
- more love
- more peace
- more joy
- more health
- more happiness

This is your one of kind unique life journey designed by you. Only the dead fish swim with the stream. Remember, the realm of new possibilities in your life are created outside your comfort zones.

Reverse engineering

Begin with the end in mind. Visualise success. Reverse engineers each step then begins. You will never fail.

Magnanimity of heart

The eight bondages are hatred, shame, fear, grief, condemnation, race prejudice, pride of (pedigree) family and smugness (a narrow sense of respectability), removal of these eight bondages from life leads to magnanimity of heart.

Life goal

"The first and the best victory is to conquer self."

Plato

It must be borne in mind that the tragedy of life does not lie in not reaching your goal. The tragedy lies in having no goals to reach. Strong dedication alone brings you wholesome success. Nothing in life comes without struggles and negotiation. Write down your goals for

clarity-do you have any plan of action? You sit, write your goals and establish rules for what you will do every single day to accomplish those goals? Without goals and plan to reach them you are like a ship that has sail with no destination.

Add years to life:

1. No smoking and alcohol – 9 years added
2. Daily exercise and good sleep – 3 years added
3. Good diet and desirable weight – 3 years added
4. Daily aspirin – 1 year added
5. Yearly medical examination – 2 years added
6. Regular BP medication – 1 year added
7. Use of safety measures driving – 1 year added
8. Vaccination against pneumonia and influenza – 1 year added

Minimalist living

There is happiness in having less. That is why it is time to say good bye to all our extra things. Pack your stuffs and see if you can live without it.by only things you need and get rid of redundant items. The less stuff one owns the less stuff owns him or her.

The piling up material goods cannot fill the emptiness of lives which have no confidence or purpose. Discard all unnecessary items in life and travel light.

Smart work

Prepare a to do list-then prioritize-think about the work selected-think how they can be accomplished and with great success-prepare plan and fix deadline for that-work smarter, not harder.

Out of box thinking

The best way to make progress in life is to think outside of the box.

Think unconventionally, differently and creatively with novel ideas.

Think rationally-there should be a particular logic or valid reason behind that. Accept gracefully.

"What is happened is good, what is happening is good and what will happen in future will also be good"

Bhagvad Geeta

Determination

When determined no obstacles/difficulties can stop us from achieving our goal. Determination inculcate good personality trait like self-confidence, dedication, discipline, positive attitude and killer instinct can do approach. If we want to achieve success and desired goals then we need to be determined and focused. We should not criticise underestimate or hurt people who come in ways of our life.

When we believe in God and follow his discipline. Life becomes easier and we become content and happy.so our purpose in life is to establish Gods discipline in ourselves, our family, the society, we live in and universe with Godly qualities. By this only we can get all materialistic happiness. *Iswarata se aiswarya*. The Godlier qualities and discipline you have, you will enjoy more materialistic pleasure. This is a universal fact.

Problem solving

1. Identify or define the problem or decision
2. List and prioritize your criteria
3. Brain storm possible solution.
4. Compare each of your solutions and decision possibilities to prioritized criteria.
5. Make your final best decisions.

Look at only good in every thing

"If you permit your thought to dwell on evil, you yourself will become ugly. Look only good in everything.so you absorb the quality of beauty"

Paramahansa Yogananda

Forgiveness

"The weak can never forgive, forgiveness is the attribute of strong"

Mahatma Gandhi

Give respect to get respect. As you sow, so you reap. To every action there is an equal and opposite reaction. The universal law.

Always behave yourself in a polite, soft and courteous manner, to get respect you must first give respect. nobody is small or big. All are souls in a different stage of evolvement according to their karma, they behave accordingly

Be known as someone with cool head, warm heart and great character. If you want to blossom like a rose in garden. You have to learn the art of adjusting with the thorns

Two things indicate our weakness, to be silent when it is proper to speak and to speak when it is proper to be silent.

Change habits to develop a new one

"Yesterday I was clever so I wanted to change the world,
today I am wise so I am changing myself."

Rumi

We are what we repeatedly do, excellence then is not an act but a habit.

We need to introduce rituals. Building rituals require defining very precise behaviour and performing them at very specific time, motivated by deeply held values.

Initiating rituals is often difficult but maintaining it is really easy. Introduce no more than one or two habits(rituals) at a time and make sure they become habits before you introduce new ones. When we do a ritual for minimum 21 days it becomes a habit. Incremental change is better than ambitious failure. Success feeds on itself.

Examples of rituals

1. working out three times a week

2. meditation 15 min in mornings

3. watching two movies in a month

Once you identify the rituals, you want to adopt, enter them in your planner and begin to do them regularly with in time as little as 30 days. Then performing these rituals will become a habit like brushing your teeth. Habits are in general are difficult to get rid of and that is a good thing when good habits are concerned

"Your beliefs become your thoughts
Your thoughts become your words
Your words become your actions
Your actions become your habits
Your habits become your values
Your values become your destiny."

Mahatma Gandhi

Prevention of a heart attack

1. Take Tomato as salad - lycopene prevents atherosclerosis process

2. Avoid high fat processed non vegetarian foods, only grilled fish with less oil allowed

3. Take boiled peanut with skin and grapes with seeds daily-rich source of resveratrol powerful antioxidant

4. Take 170 grams of curd made from skim milk

5. Take germinating garlic in water 4 pods daily-

6. Use whole grains like brown rice, *daliaa*, oats etc

7. Take Almonds, *akhroat* and alsi seeds daily - The omega 3 present in it prevent atherosclerosis

8. Take pan (betel leaf) with honey, half inch ginger 2 pod garlic after lunch and dinner. Chewing it thoroughly.

Once your TMT test is positive, follow above things, along with moderate exercises in empty stomach. This may reverse your heart disease. Don't stop your medicine prescribed by cardiologist for minimum six months. You can stop if you are asymptomatic.

You are as old as your arteries

We deposit earthy materials in arterial wall and gradually it narrows leading to poor circulation and augmentation in aging process.to prevent this you should take arteries protective factors-they are -fish or omega 3 capsule.

- Maintain a healthy BMI (body mass index)
- Keep your cholesterol levels low
- Maintain low homocysteine levels
- Follow a low saturated fat diet
- Regularly engage in physical exercise
- Consume soy and its products, and high-flavonoid foods
- Incorporate folate-rich foods such as green leafy vegetables in your diet
- Consume moderate amounts of red wine or red grape juice
- Vitamins E, B3, B6, and B12 help keep arteries

healthy. You can take 2 garlic tablet, 2 arjuna tablet and 2 *aswagandha* tablet daily to keep your arteries healthy (Himalaya Drug company)

Fitness

Fitness is being healthy and active with lots of energy to perform. You work enthusiastically. You can run, if required a mile easily, you may pant and puff but will not double over gasping. If you have stamina, strength, flexibility for day today works then you are fit.

Warm up

Warm up is very important before doing any physical exercise to prevent muscle injury, walk or jog for 2 to 5 mins or until you break a light sweat. Walking and jogging provides a good warm up for many activities. This will increase the muscles and blood temperature to provide effective warm up. then do stretching exercises before doing main activities. After stretching also do 5 mins more warm up exercise.

Stretching

Stretching relaxes your mind and tunes up your body, should be part of your daily life. The regular stretches will do the following things-

1. Reduce muscle tension and promote relaxation
2. Improve coordination and allow for freer movement
3. Increase range of motion in joints
4. Help prevent injuries, such as muscle strains

5. Prepare the body for strenuous activities by signalling the muscles they are about to be used

6. Maintain current level of flexibility and prevent stiffness

7. Develop body awareness by focusing on specific muscle groups during stretching

8. Promote a sense of well-being

9. Help release the mind's control over the body, allowing movement for its own sake rather than for competition or ego. To learn stretching exercises for each muscle group, consult a good exercise book or search online.

Aerobic exercises

A type of exercise which helps your body to use more oxygen while maintaining your target heart rate, there are studies showing that 30 minutes of aerobic exercise every day would benefits the body lots

Benefits:

1. weight loss

2. increases immunity

3. prevent diabetes, hypertension, stroke.

4. increase flexibility and mobility in old age

5. increase stamina and energy

6. better sleep at night

7. promote better mental health

Aerobic may not be safe for everybody. Elderly and pregnant women are advised to consult with a doctor before starting aerobic exercises.

Types of aerobics-aerobic dance, walking, swimming, cycling, kick boxing, running etc

An aerobic exercise would start with a 5 to 10 minutes of warm up, stretching followed by aerobic exercises for 20 to 30 minutes. The last part of the work out will be cooling down process.

Hydrate-always drink water before, during and after work out

Cooling down

You should cooldown after exercise by doing a scaled down version of the main work out. Get your heart rate back down towards a resting rate. Then do a little stretching to prevent muscle soreness and stiffness.

Correct your posture

If you learn to keep your head up, shoulder back and chest up. Abdomen in, you will feel better. This is the first step to boost your mood. Try it toado fall prey to gravity, think that your head is pulled by a string. Consciously fixed your posture by standing against a wall. Remember the muscle group used. Consciously use that muscle group while sitting and walking. With constant and conscious practice, you can fix your posture.

Exercise-target heart rate

First calculate your maximum heart rate that is (220-age in years).

To achieve moderate intensity, exercise your target heart rate should be 70% of your maximum heart rate for example-if you are 50 years old, so maximum heart rate 220 – 50 = 170.

70 % 170 = 120 / beats per minute target heart rate for moderate exercise.

For vigorous exercise 70 to 85% of your maximum heart rate = 120 to 145 beats/min. You should try to do exercise with in target heart rate to get maximum benefits from exercises and avoid any complications.

75 mins walking = 10000 steps walking

For optimum health-you should walk daily 10000 steps. If you want to lose weight increase walking to 12000 to 15000 steps daily. Exercise is a calorie restriction mimetic. It adds to longevity.

One minute workout

Regular physical activity makes you look and feel better. You will also fight the aging process, go through your days in happier spirits and reduce your chance of developing ailments like cardiovascular disease, diabetes and even cancer. Fitness is possible without spending countless hours in gym. You can get the benefits of nearly an hour of steady aerobic exercise with a single hard exercising.

The idea is to vary the intensity of your work out. go hard,

relax, go hard, relax. The harder you go. The shorter the duration and the fewer intervals you need to achieve. The same benefits of a much longer endurance training work out. The harder and faster you go, the less time your exercise requires. Go as hard as you can in short bursts and you can get benefits of an endurance exercise with less than 5% of time spent in hard exercise. Vary the intensity of your exercise for benefits in short time(interval training).

HIIT (High Intensity Interval Training)

This is an alternating bout of intense exercise with less intensive rest period. For example-you might run as fast as you can for entire length of a football field and then walk around the end zone for 30 to 60 seconds before repeating again. Metabolism is intensely stimulated and burn calories even when work out is complete.

Walking

Brisk walking is an excellent exercise, especially if you find jogging is too strenuous. If you are in good health and not too old do it for a longer time.

Walk with good posture-head erect, shoulder back, chest up and stomach in

- let your arms swing freely. Begin with 15 to 20 mins walk and for first 5 min walk at a slower space for warm up
- use best running shoes you can afford.
- avoid walking when it is very hot or cold.

- in winter walk after sunshine.
- in summer early morning and late evening walk are best.
- have a companion, if possible.

If you can talk without gasping then the pace is not too fast, if you can sing then you are walking slowly. This is the talk sing test-brisk walk means 4.2 miles/hour.

Sleep

Sleep has a profound effect on our emotional, mental and physical wellbeing. During sleep the body undergoes repair and detoxification. Sleep serves to reenergize the body cells, clear waste from the brain and supports learning and memory.it even plays a vital role in regulating mood and appetite. Sleep also helps the body to strengthen its immune system to fight infections and keep it healthy. Poor sleep is linked to high BP, diabetes, obesity, depression and hormonal abnormalities. those who sleep for less than six hours have a shorter life span than those who sleep for a longer duration.in deep sleep the human mind gets unconsciously connected to God or cosmic energy or universal mind and the flow of spiritual energy automatically takes place from God to individual soul and the body. Our battery is recharged every night. during deep sleep the cerebral blood flow to brain reduces significantly 25 to 44 % and this volume become available for other organ systems for repair.do not sleep keeping head to north direction. Earth magnetic field has effect on cerebral blood flow and may cause internal bleeding,

Head to south is best resulting in deep sleep. It increases

health, wealth and prosperity.

Head to east-build up memory. concentration, inclination towards spirituality. Student should sleep in east direction.

Head to west-favourable, it gives name, fame and prosperity

Adult needs to get 7 to 8 hours sleep.one should avoid sleep debt. Healthy person should fall asleep within 30 mins of going to bed. During sleep body does all its repair works. Melatonin, a hormone secreted from pineal gland in response to darkness in circadian rhythm induces sleep..

“Early to bed (before 10 PM)
Early to rise (before 6 AM)
Make a man healthy, wealth and wise.”

Benjamin Franklin

Sleep inducing methods

- Food that induces sleep – milk, chicken, peanut, fish, lotus seeds, banana, grapes, honey.
- warm water bath -induces sleep.
- do not use your bedroom as an office or living room.
- avoid eating late in the evening or drinking caffeine drink after 12 noon.
- comfortable bed induces sleep

- avoid stress and worry before bed time
- do brisk walking in the evening
- take a short nap of 1 hr after lunch, sleep on right side.
- a banana and a glass of turmeric milk at bed time is best for inducing sleep
- lower the temperature of your bed room.
- eliminate noisy sound play soothing music.
- instead of sleeping pills take melatonin supplement to induce sleep.
- turn off all bright lights in the room

Feeling good

Energy comes from feeling good and not from eating well or sleeping a lot, whatever age we are, we need to be a part of something meaningful. A community, a family, a profession and to feel that we are making some contribution to the society. We want to be looking to the future and have positive goals.

Faith true or false always gives results

Thoughts

A thought is a vibration with force and energy behind it.it can move, fly, travel and pervade in a way, it is with you yet everywhere, especially with your intention wants it to be. negative thoughts bring negative results. positive thoughts bring positive results. strong positive thoughts

can heal even cancer if it is sharpened with emotions.

So, by visualising and thinking the cancer mass is shrinking you can actually shrink the tumour mass.

“Straighten your body and stand tall in the world. Those who have no shame in their minds straighten their bodies and are always composed.”

A Korean proverb

For success

- follow a successful person
- think you are smarter than other
- see big dream
- know the direction
- think yourself as self employed
- do the work which you like
- try to do your best. (Do work with quality)
- do hard work (late night may be)
- learn new things
- pay yourself first.
- learn the trick of business
- serve others

- be honest with self and others
- set your priority and work on it with concentration
- try to stay at top of things
- practice self-discipline in everything.
- uncovered your hidden potential.
- stay with good people.
- take care of your health.
- don’t make failure as your alternative.
- be decisive and hard working.

Don’t judge yourself or anybody

True happiness from a sense of contentment that we experience when we let go of our judgements and accept ourselves, other people and life as it is, no matter how imperfect.

Money

Do not trust anyone when it comes to your money, if you lend someone money, do not expect that he will return.

Stress

Stress gives two responses-

1. threat response: flight or fight. Narrow focus: Constricted blood vessels and blood flowers

2. Challenge response-relaxed respond. Calm focus: relaxed blood flow and blood vessels

It is not stress itself, but how you process and respond to it that determines your outcome. Take every stressful situation as a challenge, face it with a calm mind.

Affirm:

- I breath in calmness, I breath out stress.
- I breathe in calmness, I breath out fear.
- I breath in calmness, I breath out anxiety.

Whatever you will you give that will come back to you manifolds. If you give love, love will come. If you hate, hatred will come.

“Boya ped babul ka, aam kahan se khaye?”

Hindi Muhavara

Smile is infectious, smile always

We use 62 muscles of face to get angry. But we need 26 muscles to smile. Smile attracts people.it breaks the ice. People are comfortable to talk to smiling people.it wins friendship and release stress.so consciously smile on other

If you want respect from others

1. do not criticise anybody, be humble.
2. respect elder, obey order.

3. give love to young.
4. don’t be fault finding
5. avoid anger, fighting
6. don’t be greedy
7. help other, be empathetic.
8. speak sweetly

“Aisi bani boliye, man ka aapa khoye
Auran ko sheetal kare, aap hu sheetal hoye.”

Sant Kabir

Retired is being tired twice, first tired of working then tired of not working.

Palm is not for palmistry only

Your palm is not for palmistry only.it is meant for your health. All your internal organs have acupressure point on palm. If you stimulate it daily. There will be exercise of internal organs and you will be healthy.

1. Interlocks fingers both hand and move towards each other causing friction.
2. Claps base of fingers of both hand one by one.
3. Clapping only base of palm of both hand
4. Clapping all surface of palm of both hand
5. Interlocking and pressing tips of fingers on other hand back

6. Encircle the wrist one hand by others and vice versa.

Palpitation-press bulb of thumb

Abdomen discomfort-press bulb of first fingers of both hand

Cardiac problems-press bulb of the 2nd finger

Mind problems-press bulb of the 3rd finger

Kidney problems-press bulb of the 4th finger.

Premature greying of hair

To prevent premature greying of hair one should eat catalase rich foods.it is an antioxidant which help in increase more melanin (black pigment) in hair giving it black colour.

Catalase rich food-celery, cucumber, broccoli, radishes, *aswagandha*, Vitamin E, saw palmetto.

"Wealth without work, pleasure without conscience, knowledge without character, commerce without morality, science without humanity, worship without sacrifice, politics without principle will turn in to dust"

Mahatma Gandhi

Yoga

"Yoga softens the heart, sharpen the intellect and clear confusion"

Sri Sri Ravishankar

Yoga is mind body discipline practice as desirable way of

life. Aim is to unite self with universal self. Originated in India 330 BC. Patanjali writing yoga Darshana is the basis of ashtanga yoga. Yoga is the journey of the self, to the self, through the self.

Eight steps of Yoga

Yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, samadhi.

Let us understand one by one. The present-day yoga is not yoga as people directly doing asana and pranayama without going through yama and niyama. Can a building stand erect without its base? So yogic life style should all steps one by one then only we will get benefits out of it.

Yama: is the eternal laws to live harmoniously in a civilised society. It includes:

1. Ahimsa-non violence

2. Satya-truthful

3. Asteya – avoiding stealing things

4. Aparigraha – accumulating wealth without need. Greed to have more and more

5. Brahmacharya – proper control of sexual desire and sexual activity.

Niyama: The rules:

1. Saucha – cleanliness of body and mind.

2. Santosh – being satisfied with what one achieves after hard work.

3. Tapa – tolerating and bearing obstacles with patience and smiling face.

4. Swadhya – regular studies to upgrade your knowledge.

5. Iswarpranidhan – dedicating all your belongings, deeds, efforts, and action to God.

6. Asana – adopting and sustaining a particular posture without pain. Do in a well-ventilated room on empty stomach in morning or 3 hours after food.

7. forward bending asana – expirations.

8. Backward bending asana - inspiration. Be regular at practice.

9. Wear loose clothes.

10. Do not cross in limits.

11. Quite surrounding.

Yogic diet

There are 3 types of foods:

Satwik - natural, easy digestible.

Rajashik – hot, pungent, meat, bean etc

Tamashik – unnatural, overcooked, stale, processed food.

Satwik food is best suitable for yogic life style. It includes cereals, *daal*, fruits, vegetables, milk and milk products.

Half an hour yoga protocols for busy people

1. Sit in padmasana do three times aum or om after taking deep inspiration with spine erect. Feel the vibrations over body parts.

2. Do 7 *sukshma vyayam* – starting from feet ending in head and neck. These are stretching exercises to prepare body to do main asana.

3. Then do main asana:

- lying on back – twisting *asana*
- *eka padasana*
- *utthana padasana*
- *ardha bawan muktasana*
- *pawan muktasana*
- *naukasana*

Repeat each asana 2 times only, so that you can finish whole yogic *kriya* in 30 minutes.

Lying on front asana-

- *Bhujangasana*
- *Ardha naukasana*
- *Sarpasana*
- *Ardha salabhasana*

- *Salabhasana*
- *Dhanurasana*

Sitting asana-

- *Janusirsasana*
- *Vakarasana*
- *Vajrasana*
- *Mandukasana*
- *Ustrasana*

Standing asana-

- *Parwatasana*
- *Katicharasana*
- *Tadasana*
- *Hastapadasana*
- *Suryanamaskar* – 2 sets

Followed by *yog-nidra* or *kaya utsarga* – relaxation with self-awareness. This is followed by

Pranayama-systematic prolonged voluntary control of breathing- do 7 pranayama as per time permits

Bhastrika

1. *Anuloma villoma* or *naadi sodhan* – breath is

retain in *naadi shodhan pranayama*

2. *Kapal bhati*
3. *Bhramari*
4. *Sitkari*
5. *Aum* utterance
6. *Ujjayi*

If you do 90 minutes pranayama daily age reversal will occur.

After pranayama recite gayatri mantra and maha mrityunjaya mantra followed by prayer-

Hey parameswar, hame swast kaya dein, hame ahamkar, krodh, lov, se door rakhein, jis se hum sab manav jati ki seva kar sakein. Om shanti shanti shanti.

Meaning: Oh God, bless us for good health, keep us away from anger hatred jealousy so that we can serve the whole mankind. Om peace peace peace!

This is followed by clapping and laughter yoga. Follow yogic life style and stay away from life style diseases.

Pratyahara-preventing our Indriya or body organs from going on wrong path. One should avoid undue indulgence in pleasure seeking activities.

Dharana-is control of mind in such a way that it is confined on a particular subject.

Dhyana-(meditation)-sitting still, doing nothing, mental fasting. Body is at rest and mind is quitted of surface

thoughts.

Methods - select a regular time and place to do meditation. Start with 10 min gradually increased up to 30 Inskeep your back straight with comfortable position Sukh asana or padmasana. Close your eyes. Put hands on lap or knees. Aware your breath. Focus on it. Simply observe things as they are, bringing your mind to breath. Breathing in and out from moment to moment. Whatever thoughts generate in mind just observe but do not comment or give opinion on this. Gradually thoughts will be less and less and there will be balance between mind, body and spirit.

Transcended meditation

Here practitioner is asked with completely emptying their mind of all thoughts and all distraction. They do this by focusing on something-which will vary often-a mantra ex-*om Namo Shivaya*. A mantra is just a word or phrase that you repeat over and over till stillness comes to mind.

Samadhi-this is the ultimate goal of all human being.it is difficult to define-complete immolation of ones self-akin to unification with cosmic energy (God). Let us understand it better.

Samadhi

When *sadhaka* (meditators) consciously crossed the threshold of time. He attains *brahamananda* (supreme blissfulness state). This is a state when meditator has neither realization of time and place and he goes beyond the knowledge of consciousness. In samadhi state our mind ceases to exist and when mind ceases to exist, then in the light of Indian philosophy whatever exist is

brahamananda. It is a state where we hear strange heavenly hum and the meditator transform so blissful that everything else turns non-existence to him.

Sahaj Yoga

The concept is very simple as the name suggest after half an hour brisk walking (mandatory) I tell my patients to keep them fit. Sit somewhere. Keep your left hand in Gyan mudra by joining thumb and first finger tips. This will act as an antenna for receiving blessing from cosmic energy(my version).put your right palm over chest over left side in front of heart (*anahat chakra*) and say I am a pure soul then put your right hand fingers in between two eye brows (*agyan chakra*) and say I have forgiven everybody, everybody should forgive me, may God also forgive me then put your right hand palm on top of your head (over *sahasrar chakra*) twist fingers in clockwise direction then say may God bless me, let me this problem of life be solved. Specify your problem. Ask what you want from God? Communicate your life problems to him and ask for early resolution.by doing regular practice with pure heart. You will see that your prayer will be answered and all your life problems will be solved one by one. We purify our heart by affirming we are pure soul; we clear our mind by forgiving all who have hurt us and by asking forgiveness from all whom we have hurt. We also ask God for forgiveness for our minor sins (known or unknown). When heart is pure and mind is clean. We ask cosmic energy to solve our problems and he listens and solve.do practice regularly. You will see miracle.it is based on olden day tapa. You communicate to universal mind and universal mind direct the concerned person to solve your problems by generating thoughts in his mind.

How long will you choose to live?

To more actively design your old age, chose the age you wish to reach. How long would you want to live. Choose your life span? next base on your age, you have chosen, calculate how much more time you have left between now and when you die. Now ask yourself these questions:

1. do I have a goal and a design for the time I have left?

2. what will living in the age I have chosen look like?

3. what do I want to achieve during this time?

Ask yourself and listen carefully the answer. We must live as we think or we shall end up by thinking as we have lived.to design the 2nd half of your life so it is healthy, happy and overflowing with joy and sense of fulfilment, you must have a purpose or goal that gives that time meaning. When we have reason for living to a specific age. We work harder to manage our bodies and minds and to maintain healthy life habits.

We must share and give to other the things we have obtained and received through our period of success. Only if we do that is the cycle of our live completed

As you think so you are

If in your subconscious mind you believe that you will die at eighty years then you are already programming yourself for death at 80. Our body responds to what our mind thinks.

Visualisation

Harnessing the force of the universe and actively participating in the creative process of making your goals happen is an exhilarating experience.

Creative visualisation in our mind is not just day dreaming but it is creative process which helps us control and direct the same energy that hold matter together, change water in to steam or cause seed to sprout and grow. Thoughts have power in themselves.

Visualizing something once or twice is of little effect, result come when the image is imprinted again and again for a period of weeks or months until your goal has been achieved.

Two conditions-1-always visualize your goal as it is actually happening to you right now.

2-visualise your goal at least once a day, each and every day. There is power of repetition. any thought put in to your mind and nourished will produce results in your life. You can shrink cancer cells and cure autoimmune disease of body by mind power through visualisation.

Death

On physical level is experienced by everyone same way. breathing stops. The heart no longer beats and brain activities ceases. not all deaths are identical. How people die closely related to how they have lived. People who have regret, because they failed to live the lives. They generally have a worse time dying. At the moment of death, they may not be able to control the movements of their bodies. They may have more stiffness and pain. Their breathing may be ragged.

Conversely people who think they have lived the lives they wanted without regret, people who affirm that their lives were good and they could not have lived them any other way meet the deaths much more comfortably. They are more likely close their eyes in peace. Their bodies relax and satisfied smile appears on their face. The kind of death you meet ultimately depends on whether or not you are satisfied as you think back over the path you have taken.

Death is in-fact an incredible blessing for our spiritual awakening. Since we know that the time given us does not last for ever. We try to use that precious time well without wasting it. We don't know whether some other world waits for us after death. Birth and death are physiological.so one should not fear it is pain less.

Death is the great cycle or actualizing completion within ourselves through the journey of our lives in this world and return to the source of life. The soul is the only thing we can take with us when we die.

Aura

The human aura is largely dependent on our thoughts and emotions. Positive thoughts and emotions generate positive energy and enhance the aura. Negative thoughts and emotions weaken the aura and create gaps in outer defence shield. A weak aura with gaps leaves the body vulnerable to diseases. The onset of disease starts in the energy body and then it manifests in physical body. Parts of physical body get diseased when the availability of divine energy become inadequate because of blocked or congested energy. If energy body is kept healthy physical body will remain healthy. We harvest energy from our surrounding. Walking barefoot on ground enable drawing

cosmic energy from earth. Observing nature in morning walk also connect you to reserve of cosmic energy

Soul

The soul is a sparking point of conscience energy that empower the entire body to monitor and reform all physical activities. The soul harmonizes the growth of the body. All bodily function cease with departure of being(soul) from body. The soul is the life force in the living human body.it is situated in the centre of forehead in the level of hypothalamus and close to all the sense organs and act through them.

Who am I?

Before asking yourself this question, close your eyes and concentrate carefully on the feeling in your heart, the ask yourself with complete honesty and sincerely who am I? listen for the answer that come from within you. Try to feel the response that comes from heart.

What answer you hear? Who are you? Is your name who you are? is your external appearance, your thoughts, your feelings, your experiences and your knowledge, who are you?

Are your family or position in society, your possession and profession. who are you? These things are what you have, not who you are, do you feel your true self. Meditate till you get an answer. It takes time and with passage of time with practice. You will get your answer. when you know yourself, be connected with yourself for health, wealth and happiness.

Pineal gland meditation

Pineal gland a tiny endocrine gland located deep within brain.it is known as third eye or sixth chakra in spiritual practice.it is known to regulate the biological clock of human body including circadian rhythm and reproductive cycles. The centre of intuition and spiritual perception

The essential goal of pineal gland meditation is to empty yourself of the thoughts, emotions and information that cause disconnection from who you really are and then recharge and fill that space with infinite energy of life and bright consciousness.

Kundalini chakra meditation

As per ancient scripters there are six energy plexuses in our body, they are dormant lying in spinal column. Their position corresponds to various important endocrine glands and organ. Diseases occur because of deficiency of energy in these chakras. energy can be restored by meditation or by harvesting from nature by *sahaj* yoga practice.

From base of spine to top

- *Chakra*-organ
- *Mooladhar*-testes
- *Swadhistan*-ovaries
- *Manipur*-naval-pancreus
- *Anahat*-heart
- *Bisudhi*-thyearoid

- *Agyan*-pituitary
- *Sahasrara*-pineal

When you sit in padmasana keeping hand in Gyan mudra utter aum after taking a deep inspiration. Contract the anus. You will feel vibration up to *agyan* chakra. If you said ‘Na’ and ‘Mo’ then vibrations will be there in pituitary and pineal gland. With regular practice balance will come back to the person.

Spiritual development

Spiritual growth is the process of inner awakening rising of consciousness beyond ordinary existence and awakening to some universal truth.it means going beyond the mind, ego and realising who you really are? It is a process of becoming more conscious and aware of our inner being. The process uncovers the inner spirit that is always present but is hidden behind the ego personality. Spiritual development helps us manifest composure and conscious detachment.so that circumstances and people do not affect our inner being and state of mind.it is the basis for a better and more harmonious life for everyone, a life free of tension, fear and anxiety.

Spiritualism is about finding a meaning in your life, demonstrating individual purpose to lead a life that reflects your values and beliefs.it leads to realisation of one’s full potential, meaning and purpose of life .spiritual health is the path to inner peace and happiness regardless of the environment around you and may measure by the amount of peace and harmony you experience in your day today life.

The Tourist

We need to treat ourselves as tourist. You would not be attached to the people, house, money and material things. you would see ups and down but will not be bothered as you know that one day you have to leave this place.

Between 60 years and death

1. Use your saved money.it is bad time for long-term investment. They only bring problems and worries. This is the time to enjoy some peace and quietness. Invest your money where you can control, not depending on others

2. Stop worrying about financial situation of your children or grandchildren. Don’t feel bad spending your money on yourself.

3. Keep a healthy life.do moderate exercise, eat well, get your sleep.

4. Do preventive medical check-up.

5. Always buy the best, enjoy it together with partner

6. Don’t stress over little things. Don’t let the past drag you down and don’t let the future frighten you.

7. Always keep love alive.

8. Be proud, both inside and outside.

9. Don’t lose sight of fashion trend for your age.

10. Always stay up to date, read newspaper, watch news, keep e-mail account up to date and social network site active.

11. Respect the younger generation and their opinion. Give advice not criticism.

12. Spend your time with positive and cheerful people.

13. Don't abandon your hobbies, travel, hike, cook, read, dance etc

14. Adopt a pet, grow kitchen garden, play cards, chess, checker.

15. Try to go. leave the house from time to time, go to museum, go walk through a park.

16. Speak in courteous tones.

17. Accept pain and discomfort as part of life

18. Forgive the offenders. Apologize if you are the offender.

19. Laugh often.

Healthy habits

"Repetition of same thought or physical action develops in to a habit, which repeated frequently enough become an automatic reflex"

Norman Vincent Peale

Healthy routine

- Take few deep breaths every day.
- Drink minimum 1 litre of water as soon as wake up.
- Eat a few soaked almonds
- Eat your favourite seasonal fruits or one apple.
- Throughout the day take stairs, avoid lift in office.
- Move every two hours as prolonged sitting is new smoking.
- Keep your back straight: when you sit erect, imagine there is a thread tied to top of your head which has a hydrogenated balloon at the other end. Gently pulling your spine upward, keep this image in the mind and it will help you get your posture right, do it any time all the time. While walking stand tall, head erects, shoulder back, chest up, abdomen.
- Eat local seasonal, natural and organic Fruits, salad, nuts. coconut water, whole grains. Eggs, milk, chicken, fish.
- Eat full breakfast eggs, boiled sprouts, oats, *daliaa*, milk fruits in breakfast
- Take snacks in between breakfast, lunch and dinner: a bowl of fruits, some nuts, sprouts, almonds, date etc
- Expose yourself to direct sunlight for a minimum of

15 minutes in the early mornings.

- Drink enough water throughout the day 6 to 8 glasses or more. Drink water 30 to 45 mins after meal

- Raise your heart rate for minimum 20 min/daily -do running, cycling, brisk walking, stair climbing, skipping

- Commune with nature grow plants, tend a garden

- Cut out white sugar and process food. Avoid rice, bread, fried food, packet foods.

- Eat a balanced diet, include all taste in principal meals – sweet, sour, salty, bitter, pungent and astringent – eat tomato, carrots, honey, green vegetable, salads, lemon, *lauki*, *daal*, milk, curd, paneer, almonds.

- -do not sleep immediately after eating a big meal. Take early dinner after sunset, sleeps after 2 to 3 hours.

- Meditate, pray, relax and take deep breath.

- Get around 8 hours sleep.

"What you think, you become

What you feel, you attract

What you imagine you create"

Gautam Buddha

Om sarbe bhabantu sukhina

Sarve santu niramaya

Sarve bhadrani pasyantu

Ma kashchid dukh bhag vavet

Om shanti shanti shanti

May all be prosperous and happy

May all be free from illness

May all see what is spiritually uplifting

May no one suffer

May there be peace, peace, peace.

-x-